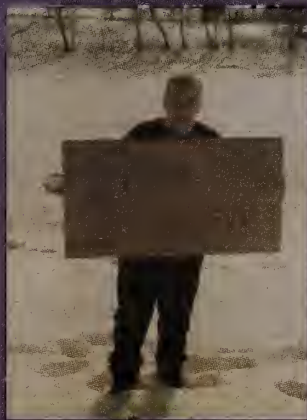


# SPOKE

Conestoga College, Kitchener

FEBRUARY 1, 1999

## What's Inside



Police presence may be put  
on ice.

PAGE 10



A student's story could have  
climbed to the top.

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Photo credit: [illegible]

PAGE 12

## COMMENTARY

Page 4

Big Bill

versus

Wee Willy

## Janitor charged with theft

By Melissa Dietrich

On the evening of Jan. 19, an on-duty janitor was arrested while on Conestoga College property by Waterloo regional police and charged with theft under \$5,000.

Allan Hunter, supervisor of security services for the college, said the arrest of the 23-year-old man occurred as a result of an ongoing investigation.

"A number of thefts had been reported in one of the electronics labs," he said.

The janitor, whose name has not yet been released by police, was caught stealing tools and electronic equipment from a lab in the B-wing of the school.

Since the man is an employee of M&M Cleaning, the agency that employs the cleaning staff at the college, it is not up to the college to fire the employee.

He had been working at the Doon campus for two years.

"He has been removed from the site and served with a trespass notice. He is no longer permitted on any of Conestoga College's campuses," said Hunter.

Hunter said theft by employees has not been a problem at the college, however, there have been numerous reports of theft in several parts of the school including the electronics labs.

"It is always a concern for us, especially when we have a theft in what is typically a secure area after hours," he said.

Hunter said it is unfortunate when an employee or someone in a trusted position is involved in an offense of this nature.

"It tends to put a cloud over other staff who are working," he said. By far the majority of the staff are honest and hard-working people."



The band Superfreak performed at a charity event at Stages Jan. 21 to raise money for the Const. Dave Nicholson and Mark Gage memorial fund. (Photo by Eileen Diniz)

## Business boogie was far out, man!

By Eileen Diniz

The Conestoga Business Students Association with the help of the Doon Student Association have raised \$435 at a disco night for the Const. Dave Nicholson and Mark Gage memorial fund. The associations are also giving a substantial amount of their own money to the fund, making the total donation \$1,000.

Green lasers, strobe effects and a rainbow array of lights lit up the dance floor at Stages in Kitchener Jan. 21 as warm bodies dressed in disco attire danced the night away to the well-known disco band Superfreak.

"It was a good opportunity for the school to get involved and do something for the community," said CBSA communications co-ordinator Laurie Campbell, a third-year marketing student.

James Wilson, a third-year management studies student, approached the other management studies students about the fund and proposed the idea, said Campbell. It was quickly decided that it would be a good idea to make it a business students association event with the



From left, DSA president Kristin Murphy, CBSA communications co-ordinator Laurie Campbell, CBSA representative Kristi Mason and CBSA president Hong Chau. (Photo by Eileen Diniz)

help of the DSA.

Dave Nicholson, 32, who worked for the Waterloo regional police in Cambridge, died Aug. 12, last year while conducting an underwater search for Mark Gage, 13, at the Parkhill Dam in Cambridge.

Gage had been swimming in the Grand River around 7:30 p.m. when he was sucked into the sluiceway of the dam. Nicholson was sucked into the same sluiceway while looking for Gage's

body. The force of the current was too great and Nicholson's lifeline broke after 50 or more emergency personnel and bystanders tried to pull him to safety. Both bodies were found two days later.

In November Nicholson was honoured posthumously with The Ontario Medal of Bravery award. He was the first member of the regional police force in its 25-year history to die in the line of duty.



## Too little space

# Business department in need of more room

By Melissa Dietrich

The room located beside the microwaves in the main cafeteria has been used by the Doon Student Association (DSA) for storage since the construction of the Sanctuary in July 1995. But the business faculty and students want to use this space for a meeting room.

John Scott, a member of faculty with the School of Business, brought up the concern of more meeting rooms for business students and faculty at the last college council meeting on Jan. 11. He says it was his understanding that after the construction of the Sanctuary, this room, which was a part of the old student lounge, was to become available for the use of the business students and faculty.

Gerry Cleaves, vice-president of the DSA who was also at the college council meeting, says the DSA would be willing to give up the room, but only if they were given an alternative room in exchange.

"We would love to have a storage room closer (to the DSA office)," said Cleaves.

The construction of the new wing located next to the woodworking centre has prompted the striking of a space allocation committee.

"The space allocation committee has become a place for negotiation among students, faculty and administration to say we have room and to find who wants it and who needs it the most," said Cleaves.

He said a couple of years ago when the college had decided to build the business wing, students and faculty were cramped and there was a fight over which programs got to use the new space.

"Now with this new building, it is happening again," he said.

Although the DSA does not currently need any additional space, the group has generated what they call a wish list which might require their having additional space in the future.

The brainstorming ideas include a second student lounge which would be used for quiet study, a used bookstore, a store for DSA merchandise, a deck near the pond, a student pub downstairs and more funding for programs.



DSA vice-president Gerry Cleaves, stands in room 2A01 that is used for storage, located near the cafeteria.  
(Photo by Melissa Dietrich)

Cleaves said when the DSA requires more space, they would not leave their present location,

but build out from where they are now.

"We're located in the centre

of the school right next to the cafeteria. It makes sense to have the student lounge here," he said.

## Dental plan in works for college

By Lisa Wilhelm

Conestoga College's Doon Student Association (DSA) is currently in the process of looking into implementing a dental plan for students who don't have access to coverage at work or through their parents' coverage.

Gerry Cleaves, vice-president of student affairs, said every year students ask if the college plan covers dental work because, in terms of health plans, it tends to be covered less and less in today's workforce. More parents are also working contract which means they don't have health benefits.

"It is something the students are looking for, something they want," said Cleaves.

Although there have been some promotion problems with the health plan in the past, it was refined and streamlined and the

only problem left is that the students don't opt out before the deadline, said Cleaves.

"Halfway through the year, (the student) decides he/she doesn't want the plan anymore and there's nothing we can do about it," Cleaves said of the students who are automatically signed up for the plan at registration and don't opt out until it's too late.

Now that the health plan has been tuned up, things are being moved to the next level by incorporating a dental plan.

A dental plan is in line with what the students want because people grow up visiting the dentist twice a year, said Cleaves.

As with the health plan, it will be optional whether a student wants to stay in and use the plan being offered, or opt out and use their own coverage.

The plan will cover anywhere from 80 to 100 per cent of the

cost, including general cleanings, emergency dental work and the removal of wisdom teeth.

"It doesn't pay for everything, but it helps to soften the blow," Cleaves said. "It cost me almost \$1,000 to have my wisdom teeth out because I wasn't covered and that's where the dental plan will come in."

Currently, the DSA is looking into and meeting with different companies to see where it can find the best deal for students.

The next step is to take the proposal to the next board of directors meeting where details of the plan will be determined.

Cleaves also said the DSA wants to find out what the students want as far as dental coverage is concerned, but their input will come later in the process.

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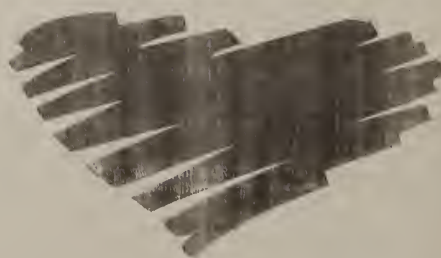
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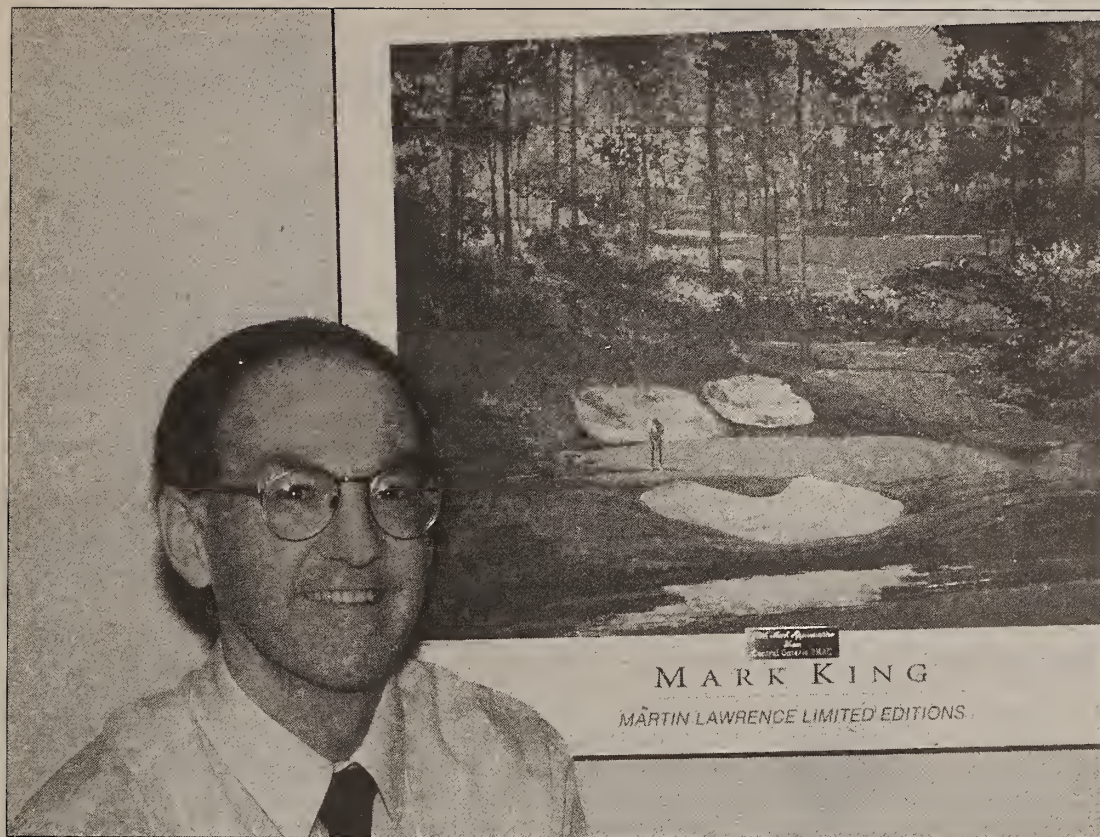


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Paul Knight was awarded a Mark King print of the 12th hole on the Augusta National Golf Club on Jan. 19 for his dedication to the Purchasing Management Association of Canada.

(Photo by Jeanette Everall)

## Brief PMAC announcement raises student job concerns

By Jeanette Everall

Some Conestoga students enrolled in the business administration and materials management program are concerned about the Purchasing Management Association of Canada's (PMAC) decision to build a relationship with Wilfrid Laurier University.

The brief announcement was made at the association's annual dinner on Jan. 19.

Students are concerned the association's decision to increase membership through the university will intensify job competition between university and college students.

"I understand it's an excellent way for PMAC to increase its scope, however, Conestoga College grads may be affected because there will be more competition for jobs," said Craig Maw, who is a third-year student in the program.

Keri Quipp, also a third-year student at Conestoga, said, "Companies go after universities because students have a degree and (college students) only have a diploma. So, it could saturate the job market for us."

However, Rolf Bodendorfer, president of the Central Ontario District of PMAC said in an interview, the decision will not affect Conestoga students at all.

"It doesn't mean we are lessening our relationship with the college; we are just increasing the relationship with Wilfrid Laurier," he said.

Paul Knight, who is the former co-ordinator of the materials management program at Conestoga, said Bodendorfer did not offer many details, only that the association was in the process of building a relationship with WLU.

Membership in the association is an opportunity for students to

attend seminars and network with professionals at business meetings held throughout the year.

The association's annual meeting is the only meeting open to all students enrolled in the program.

"It doesn't mean we are lessening our relationship with the college."

*Rolf Bodendorfer,  
district president of PMAC*

The dinner, held at the Gulf Steakhouse in Kitchener, was also a chance for the association to honour Paul Knight for his dedication to maintaining a strong partnership between PMAC and Conestoga College over the past 18 years.

"That came out of the blue," said Knight, who was given a Mark King print of a prominent golf course. "It was a bit of a surprise."

The evening was also an opportunity for the association to formally recognize Keri Quipp

who was the recipient of the PMAC scholarship, which was awarded to her in an earlier ceremony on Oct. 9 last year.

Currently, the association awards a scholarship of \$1,000 to the student with the highest grade in the principles of buying course, which is a professional certification course from PMAC.

A separate scholarship of \$500 is available to fourth-year business students at WLU who are enrolled in the university's purchasing course.

PMAC will be increasing the scholarship available to WLU, and like Conestoga, it will be awarded to the student with the highest grade in the specified course, said Bodendorfer.

PMAC is one of two professional associations that offer memberships to students enrolled in the materials management program. The other organization is the American Production and Inventory Control Society (APICS).

In addition, the associations provide bursaries and scholarships for students and support for the program.

## Crash victims finish fall term

By Carly Benjamin

Adam Passmore and Jessica Sperling have returned to school to finish the first year of their business-management program, after being involved in a car accident late last year.

Passmore and Sperling were seriously injured after their car collided with a Coke truck at the intersection of Manitou Drive and Sasaga Drive in Kitchener on Nov. 20.

The two were driving up Manitou Drive when a transport truck started to exit one of the driveways.

The driver stopped his truck but remained in the road. Passmore tried to avoid a collision by veering around the truck, but lost control of his car and shot into oncoming traffic hitting the southbound Coke truck.

Sperling was able to get out of the car but Passmore remained pinned behind the steering wheel.

Sperling was rushed to Hamilton General Hospital with internal injuries, while Passmore was taken to St. Mary's Hospital with a broken nose and knee.

Sperling lost a kidney as a result of injuries suffered in the accident and dislocated her ankle because she jammed her foot on the dash to brace herself for the impact of the crash.

Passmore and Sperling were unable to complete their course work last term by the end of the semester but teachers in their program are allowing both students to finish their fall term courses while attending this semester.

The accident has left Sperling and Passmore with physical reminders of the crash.

Passmore is walking with a cane because of the splint he now has in his knee.

"It's a pain in the butt to carry the stupid thing around all the time, I can't wait to get rid of it," he said.

Sperling has regular sessions with a physiotherapist.

She also is being treated by an osteopath for complications from the injuries she suffered to her internal organs.

Both say they remain confident, however, they will finish their programs, despite these obstacles.



Adam Passmore and Jessica Sperling will be completing their fall term during the current semester.

(Photo by Carly Benjamin)

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# No commemoration for Black History Month

February is black history month all over North America.

While this event has much significance in the United States, and rightfully so, it should also be significant in Canada.

Yet, it seems as though some people don't know about it or don't care. Maybe it's both.

I am troubled by the situation here at Conestoga College concerning black history month.

In my search for a story on the events the Doon Student Association was holding to



Judy Sankar

commemorate this event, I ran into a brick wall. The blow was heightened by the fact that it was the last thing I expected. The DSA is not doing anything for black history month.

Initially, I assumed they were unaware of the event so I decided I'd inform them well in advance so something could be planned.

When I spoke with a member of the association, however, I was informed that, at universities for example, there may be a club that looks after such things. A black literary club perhaps.

Fair enough, but as the conversation continued, I was informed that it wasn't that the DSA didn't want to do anything, it was just that it doesn't have the resources or the budget.

"We usually do things for bigger events," they said.

My question is, why is it that Conestoga's most powerful association, which is supposed to represent Conestoga's student body, has the resources and the budget to have a buffet spaghetti dinner featuring a guest comedian, but not enough resources or budget to commemorate the role Canada played in black history?

We all know Canada was the best hope of freedom for African Americans fleeing slavery.

We all know about the Underground Railroad. But just because we know about it, does that make it any less important?

Certainly not or there would be no point in having any sort of memorial day, week or

month.

It doesn't trouble me so much that the DSA didn't know about black history month as it does that it is obvious that there was no intention of doing anything.

Presumably, if the DSA doesn't know about this, other people at Conestoga don't know. The DSA has a lot of power whether we like to admit it or not.

So logically, it would be the perfect medium to create awareness.

If just one person learns that February is black history month and takes even a moment to acknowledge the obstacles African Americans and Canadians have overcome, at least some good will have emerged from this whole situation.

## Workplace e-mail stress can kill you

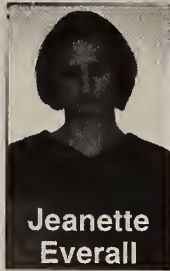
It's official — e-mail can kill you.

Canadian workers have become enslaved by e-mail and it's making them physically and mentally ill, according to a report released on Jan. 20, by a coalition of mental health organizations.

The report says workplace stress, including an explosion of new technologies presents a "clear and present danger" to health, contributing to depression.

Depression can impede recovery from gastro-intestinal and blood diseases, lung disorders and cancer. And, according to the report, depression kills.

Bill Wilkensen, co-author of the report, was quoted in the National Post saying, "When a worker loses any sense of control over the job they're doing, that causes a terrific grinding down of self-confidence and the ability to relax. That can contribute to a biochemical reaction that produces depression."



Jeanette Everall

This is serious. Modern technology has got society caught in a catch-22. Society needs faster communication to remain competitive, but trying to stay on top of things like e-mail is increasing people's on-the-job stress, which worsens their health.

Unfortunately, they can't stop because their competitor won't stop and they need to remain competitive. Consequently, this vicious circle can lead to an untimely death.

E-mail was never intended to endanger people's lives, but it has. It has made the workplace a health risk.

Some people are being greeted by some 50 e-mail messages when they come to work in the morning, says the report. That's a lot of e-mails to reply to in one day.

When people are being inundated with e-mail to such a magnitude, there is no longer time to stop and take a breath. For some people coffee and lunch breaks are a thing of the past.

That time is now needed to catch up on backlogged e-mails. It's even to the point where people are coming to work earlier and

staying later because of the increased amount of information they have to manage.

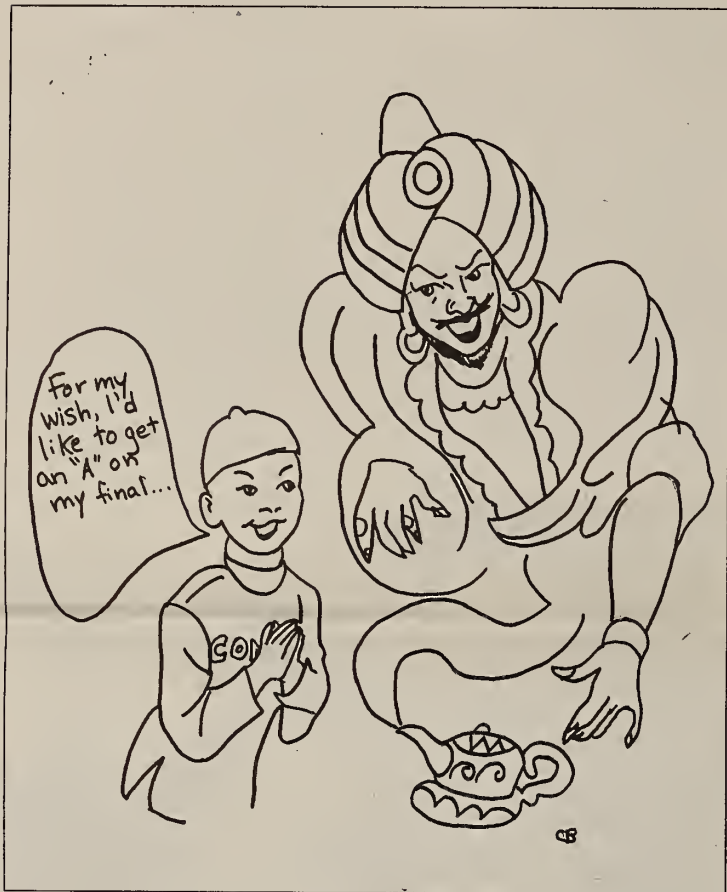
Perhaps people in society should revert to what's good for them — an e-mail free workplace. In doing so, one could assume that stress would decrease and there would be an improvement in workplace moral.

So why don't people revert and do what's good for them? The answer is, no matter how many facts and figures there are to tell people what's good for them, people will continue to do the opposite. That means, Canadians are going to be forced to use their e-mail.

For Canadian workers who feel overwhelmed by their e-mail, this is a gloomy reality. But, no matter how demanding and time-consuming the act of e-mail is, Canadian workers will be forced to use it.

For all its evils, e-mail has made the world smaller, communication faster and location irrelevant.

The bottom line is: employees wanting to remain competitive in the '90s would be wise to use their e-mail, even if it kills them.



## Wee Willy and Big Bill — A story of friendship for the '90s

Once upon a time there lived two great buddies. Since they were both named William, they were known to their friends as Big Bill and Wee Willy.

What Big Bill had in size, Wee Willy made up for in charisma and energy. Over the years these two became extremely close. I mean, they were practically inseparable.

Their friends sometimes wondered what it was that kept their friendship so strong. They



Neven Mujezinovic

were, after all, so different. Big Bill was a hard worker. He had dreams. He had plans. Someday he would be a big shot. He looked like a clean living farm boy, although a slightly drunk one.

Wee Willy, on the other hand was a bum. He was spoiled. He was lazy. He thought life should be one long party. In the '60s, when they were both just pups, he even convinced Big Bill to try some pot. The last laugh was on Bill, though, because he faked it. Willy never knew.

Wee Willy was mysterious. He chose to keep a low profile. People close to the pair swore Willy was connected. He was

surely some sort of a gangster. He never worked a day in his life, yet was able to maintain a lavish lifestyle. He'd disappear off the face of the earth and then pop up when it was least expected.

As Bill moved up in life his association with Willy became an embarrassment. He tried to distance himself from his devious friend, but Willy would have none of that.

You see, Willy always knew his best bud would be a somebody one day. He was determined to ride on the wave of Bill's success. He saw endless opportunities for himself. No sir, this was one relationship Willy

would never sever.

Willy had some sort of magic control over Bill. It was so easy for him. For all his smarts and fancy titles, Big Bill was a bit of a simpleton when it came to dealing with Wee Willy. Somehow, Willy always got his way with good old Bill.

But Bill didn't mind that. For some strange reason, he loved Willy with all his heart.

Sure, he was self-absorbed and egotistical. Yes, he thought only of himself and his pleasure, but he wasn't all bad. I mean, it was not as if he were a Republican, for Pete's sake!

It wasn't that Bill was a saint,

either. He had his little vices. He loved Cuban cigars, for instance. Oddly enough, they just tasted better when Willy was around.

Now we come to the most important part of this tale. You see, there are many lessons to be learned here. The most important moral is that you should choose your friends carefully. If you have the misfortune of having such a vile and slimy buddy as old Willy, at least learn to use your own good judgement.

Sure, listen to your friends' advice, but always think with your own head. Then, if you get into trouble, at least it will be on your own.

**SPOKE**

Keeping Conestoga College connected

SPOKE is published and produced weekly by the journalism students of Conestoga College.

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Jeffrey Barter, second-year civil-engineering student.



Patty Eckstein, third-year management-studies student.



Nathan McLaughlin, third-year civil-engineering student.



Karen Horst, third-year materials-management student.

## Campus Question

# Should our freedoms be restricted by courts?

By Elizabeth Sackrider

B.C. Supreme Court Judge Duncan Shaw dismissed charges against child pornography collector John Sharpe on Jan. 18.

The judge ruled that Sharpe's freedom of expression and rights to privacy had been violated.

This ruling sparked debate and public outrage. Countrywide, the subject was discussed in editorials, commentaries and political cartoons that criticized the judge and his ruling.

One of the questions raised was whether or not restrictions should be placed on the public's freedom of expression and right to privacy.

The majority of students surveyed at Conestoga on Jan. 21 said restricting an individual's rights was acceptable only if the person were violating somebody else, as child pornography does.

Second-year marketing student Rob Nevin agreed with the majority of respondents.

"We are leading to our own destruction," he said. "We can't really allow anything that has to do with the desecration of our children because it will deteriorate our society and we are just going to become animals."

Second-year business student Ken Egerden said he thought it wouldn't be intruding on an individual's right to privacy to be charged with having child pornography.

"There is a big difference between sitting there reading a skin magazine and having child pornography," said Egerden.

Second-year civil engineering student Jeffrey Barter said he disagreed with imposing restrictions on freedoms and that it jeopardizes democratic rights.

"I would rather live in a country, where we had our freedom of choice to do whatever we wanted to do," he said. "But there have to be limits to the laws."

Matt Grahlman, a second-year broadcasting student, had some interesting ideas on what to do with all the child pornography lovers in the world.

"I definitely think restrictions should be placed especially when it comes to child pornography. That is just sick; let's just castrate them."

He did say there must be limits to the restrictions on freedoms of expression.

"You can't restrict everything," he said.

Third-year management studies student Patty Eckstein said individuals should have rights to do what they want when in the privacy of their own homes.

"In our own home we should be able to do what we want," she said.

Nathan McLaughlin, a third-year civil engineering student, said rights should be restricted.

"If we compromised, in any way, the Charter of Rights and Freedoms, then it wouldn't be the Charter of Rights and Freedoms," he said.

"I definitely think restrictions should be placed especially when it comes to child pornography. That is just sick; let's just castrate them."

Matt Grahlman, second-year broadcasting student

Third-year marketing student Tricia Duncan said people often use their freedom of speech for things that aren't proper.

"In cases where there is child pornography, I think there should be restrictions placed; it is taking freedom of expression too far," she said.

was most likely unattainable to the average student who wished to pursue a career.

Over the years, Conestoga has expanded and given birth to five satellite campuses: Cambridge, Guelph, Stratford, Waterloo, and Clinton. Its areas of study have increased by the dozens, and it has sent out graduates by the hundreds each year.

Conestoga grads now reside in over 31 countries throughout the world. In these countries Conestoga's graduates number over 25,000.

students met in the core building and 20 portable classrooms for three areas of study: applied arts, business and commerce and technology.

Conestoga grads now reside in over 31 countries throughout the world.

The community college concept, according to the history of Doon campus, was initiated when it appeared that a university degree



David Pettigraw, third-year materials-management student.



Nancy Farias, third-year management-studies student.

Karen Horst said she agreed limits should be imposed on what Canadians can and can't do.

"Some rights are extreme and can only go so far. Rights can only go so far. You have got to be able to control it somehow," she said.

David Pettigraw, a third-year materials management student, said he thought individuals' rights should be limited when they are dealing with pornography and other offensive subjects.

"Saying child pornography is

okay is utterly ridiculous. When it comes to child pornography and stuff like that, it should be limited," he said.

Nancy Farias, a third-year management studies student, opposed any type of restriction on rights.

"We're in Canada so we can do what we want," she said.

Photos By Elizabeth Sackrider



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## Conestoga's 31st birthday goes by quickly and quietly

By Jacqueline Smith

On Jan. 8, Conestoga hit the last digit on the calendar. Yes, the college is 31 years old, yet its birthday went unnoticed by students, faculty and staff.

Because it is not a significant number like the 25th or the 50th, it went by quietly.

In 1965, 137 acres of farm land was made available for the construction of a community college in Kitchener.

Three years later, 186 students made up the first class. These



*A thrifty purchase*

# New cardiac equipment used for day and night classes

By Sarah Thomson

Conestoga's health sciences department offers Waterloo Region's only continuing education course that teaches health professionals advanced cardiac life support.

Last year, the health sciences department purchased \$25,000 worth of equipment to teach the advanced cardiac life support (ACLS) course aimed at health professionals on a continuing education basis. The equipment is also used for the paramedic course and in semester-five nursing.

The basic cardiac life support class, which is similar to cardiopulmonary respiratory (CPR), deals with the support of the patient until he/she reaches the hospital.

Dorothy Baby, a cardiac care and critical care nurse, who teaches the ACLS course, said ACLS is like a recipe. There are different recipe cards to follow based on the varying cardiac rhythms.

The steps involve a variety of drugs, respiratory problems, such as lack of breathing, and the certain things done to

help the patient breathe, such as using the defibrillation paddles if the patient experiences a strange heart rhythm.

The order in which these steps should be performed is based on standards set by the Canadian Heart Association, so everyone should be doing the same thing across the board, in a well orchestrated dance that ensures a better outcome for the patient, said Baby.

The course itself is two days and requires intensive preparation before the course, if the student expects to pass, said Baby.

The actual course is two eight-hour days and 12-18 students are enrolled. There is some theory but it is mostly group work where pupils work in case scenarios as they would in the hospital setting.

This requires three sets of equipment, which include cardiac monitors and a cardiac rhythm simulator.

Mannequins that can be intubated, permit tubes to be put into them for airway management, are also used to practise defibrillation.

The college previously taught the course on a contract basis, but decided that there

was an opportunity to decrease the expense of contracting out the work by doing it within the college.

The college-run ACLS course started in the fall with 10 students and there are currently 26 students enrolled in the ACLS preparation course. ACLS recertification is also taught at the college.

Baby does not recommend that new graduates take this course.

"It's kind of frustrating, because a lot of the hospitals in the States that lure our new graduates want the students to have this ACLS course before they come in. But it's the type of thing that you get a lot more out of, and you really don't understand everything, unless you've been working for awhile," said Baby.

She strongly suggests new graduates take a basic cardiac arrhythmia course and an emergency drug course before they take ACLS because they need to know their rhythms exceptionally well. Just taking this course is not going to teach them those rhythms, she said.



Dorothy Baby demonstrates the new cardiac equipment used for the Advanced Cardiac Life Saving course.

(Photo by Sarah Thomson)

*Aiming for success*

## Student services offers free workshops

By Janet Wakutz

A series of workshops offered by student services to help students cope with college pressures starts in February.

Student services is especially targeting new students who entered the college in the January intake of students for general business, ECE and journalism, along with the February intake of nursing students

things aren't great and be willing to change," said Joan Magazine, a counsellor with student services, who has worked at the college for 20 years. "Changing takes a lot of effort for three to four weeks," she said.

Scheduled for February, the workshops will provide information on four topics. The first workshop, time management, was developed for students who are busy with jobs and families.

"Sometimes it is difficult

juggling everything," Magazine said.

The second seminar, listening and note taking, helps students prepare for tests.

"Some students haven't had to work too hard in terms of studying, they have been getting by on their ability," she said. "Now, that may not be enough."

Effective textbook reading, third in the series, focuses on the different ways that are more effective to approach textbook reading.

Memory joggers, the last in the series, shares methods to improve students' recollection of material for the purpose of taking a test. Magazine said sometimes mature students have anxiety around memory issues.

"It's not really an age issue, it is more about techniques," she said.

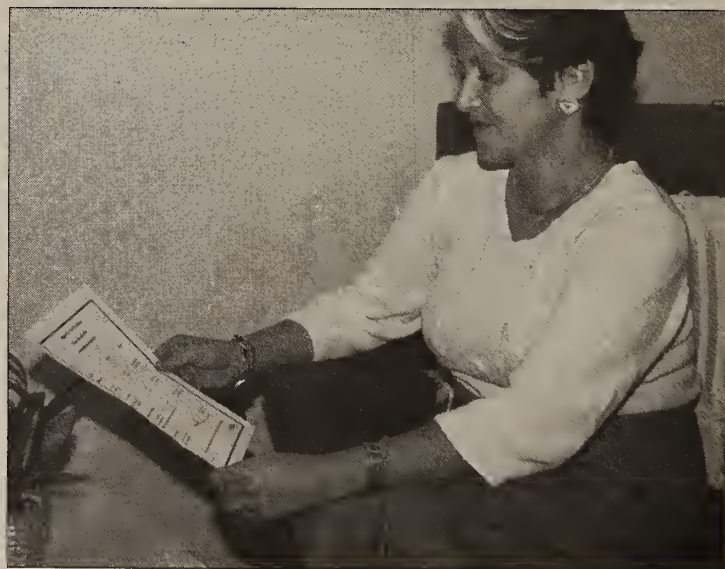
The series is also available to students each year during orientation in August. No registration is necessary and the workshops are open to all students.

Schedules are posted on bulletin boards around the school and complete information is available at student services or by calling the college ext. 360.

Workshops are not the only way students can access help.

"Any student who wants individual help can make an appointment to talk to a counsellor," said Magazine.

Student services can also help with test anxiety. "Sometimes students have difficulty applying



Joan Magazine of student services looks over the winter schedule for workshops.

(Photo by Janet Wakutz)

what they learn," Magazine said. "They feel they know the stuff, yet, their test marks don't reflect the level of knowledge they feel they have."

Two group-education sessions this semester will be longer than the workshops. Registration will be required for these sessions on relaxation and stress management and on public-speaking anxiety.

Relaxation is offered for the first time, but Magazine said the public speaking group session has been extremely successful.

Handouts are available in the brochure rack outside student services and other study skill resources are available in the LRC.

Student services has tried many approaches in reaching out to stu-

dents, said Magazine.

"At Waterloo campus I actually come into classrooms, especially for upgrading students," she said.

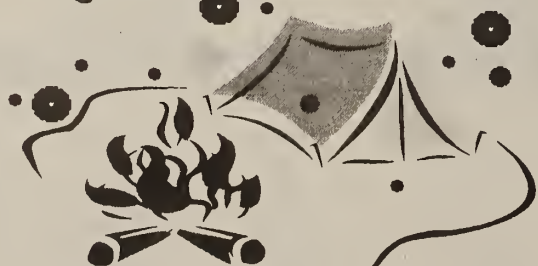
Sometimes faculty invites counsellors into classrooms.

Magazine, who has taught the strategies for student success course, said the methods used to help students are proven and used in other colleges.

"I've had many students who put the strategies to work and had success," she said.

Not all strategies work for all students, Magazine said. "I always say to students, 'Keep what works for you and what doesn't work - change.' Sometimes it's adapting parts into their own routine."

It's Really not that cold out.....



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## Pain of procedure a myth

# Bone marrow donor relates experience

By Sarah Thomson

A representative from the unrelated bone marrow registry, operated by the Canadian Blood Services, who donated his bone marrow five years ago, shared his personal story and encouraged students to join the registry in two presentations held Jan. 19.

The first presentation, held in the Sanctuary boardroom from 12:30 p.m. to 1:30 p.m., attracted about 35 people. Only two people attended the session held between 3:30 p.m. and 4:40 p.m. in 2A56. The presentation was organized by second-year recreation and leisure student Peter Alpaugh.

"They call blood the gift of life. I think bone marrow is the gift of a lifetime," said David Unrau.

Bone marrow is the jelly-like substance found in all the body's long bones such as the ribs, breastbone or pelvis. Bone marrow produces all blood cells, red cells to carry oxygen, white cells to fight infection and platelets to help blood clotting.

Bone marrow transplants have been found to be the most effective treatment for fatal disorders of the blood, or leukemia, aplastic anemia, severe combined immune deficiency syndrome and many other diseases.



David Unrau presents information about the unrelated bone marrow registry. Pictured on an overhead in the background is Unrau meeting his bone marrow recipient.

(Photo by Sarah Thomson)

A bone marrow transplant can increase a patient's odds dramatically from less than 20 per cent with conventional treatments such as radiation and chemotherapy, to anywhere from 40-85 per cent.

"I think bone marrow is the gift of a lifetime."

David Unrau

However, only 30 per cent of patients needing a bone marrow transplant have a compatible donor in their family.

Unrau's bone marrow donor recipient, Crystal Navratil, 18, from Calgary, was told she had a 20 per cent chance of surviving a marrow transplant for her acute myelogenous leukemia. Navratil, now 22, recovered completely and visited Unrau in the summer of 1995 with her mother.

Bone marrow transplants replace a patient's diseased bone marrow with healthy bone marrow from a matching donor. The recipient receives the bone marrow intravenously and it finds its way from the blood stream into the bones, and hopefully grasps and produces healthy new cells.

Most people are worried about donating because of the fear that it is inherently painful, which he

jokes it would be without anaesthetic.

Unrau tried to dispel the myths surrounding the pain factor. As with everything, there are risks, he said. The risks associated with bone marrow donation include nausea and/or a sore throat from the general anaesthetic. Infection is also a possibility, but it can be treated with antibiotics.

The 30- to 90-minute procedure involves making tiny incisions in the hip area, that don't require stitches, and going in with a needle to draw out the bone marrow.

There are no lasting side effects and most people recover within two to five days. After the procedure, there may be some soreness in the lower back area and some discomfort walking.

"The only lasting side effect I have felt is I feel like the Energizer bunny," said Unrau. "The good feeling I continue to feel just doesn't stop."

After the presentation, students were given the opportunity to fill out a bone marrow donor registry form. Unrau warned those wishing to fill out forms not to jump to a quick decision.

Prospective donors will be contacted by phone in two to three weeks to go for a blood test at a local MDS clinic. The blood sample is then analyzed to see if there is a match in the registry.

## International student advisor dwells on the details

By Neven Mujezinovic

Working as an international student advisor and secretary certainly keeps you on your toes.

Just ask the newest addition to the international education and college planning office, Jayne Thomas.

"You always have to be up on things and remember a lot of little details," says Thomas, "because, basically, this position is a detail position."

Still, Thomas says she enjoys her work greatly. Even though she started at a very busy time, in October last year, and was thrown into the action after just two days of orientation, she says her co-workers have been a tremendous support.

"The director's (Larry Reehsteiner) door is always open. I can ask questions any time and Karen (Vanderkruk — international student advisor) is a great deal of help," says the Welland-born advisor.

After working in interior design for five years, Thomas decided to go back to school in 1991 because the recession was not conducive to a career in that field. She completed several computer courses at Niagara College and has been working in an office ever since.

After her husband was transferred to the K-W area in June 1998, Thomas worked at Southwood secondary school in Cambridge, but when an opening came up in the international education and college planning

office she decided to apply.

Thomas says she is still learning about the job. Her work involves sending information packages to international students who have expressed an interest in taking courses at Conestoga. She also helps maintain an extensive database of students which have already received the information packages, so the administration can have an idea of the percentage of students who actually do come here.

Information packages are also sent to recruiting companies outside of Canada. These companies promote studying abroad in their countries and Conestoga has agreements with many different companies, says Thomas.

Another pleasant part of the job is meeting the international students who have chosen Conestoga College as their educational institution.

"They're all really nice people," says Thomas.

These students drop into the international education office, where they feel at home, Thomas says.

"It's nice for them to be able to come into a good atmosphere and feel comfortable," she says.

Although there are definitely a lot of cultural differences between Canadian and international students, Thomas likes to point out the similarities.

"Basically, students are students and they enjoy the same things such as skiing and snowboarding and going out."

Thomas says overcoming the language barrier is a little tough, but it is extremely satisfying to see

the progress the international students are making.

"A lot of them are taking English language studies and as their English becomes better and better, we can communicate a little more," says Thomas.



Jayne Thomas, international student adviser, works at her desk. (Photo by Neven Mujezinovic)



**PEER TUTORS**

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**COME TO STUDENT SERVICES (2B02)**







The Alumni Association includes, left to right, Linda Hart, human resources; Julius Avelar, student representative; Sara Thompson, president; Sarah Todd, past-president; Mary Wright, manager alumni services; Monica Himmelman, alumni services officer; Donna Leader, member-at-large; Anabela Cordeiro, chair of public relations and events; and Gavin Fitzpatrick, public relations and events.

(Photo by Eileen Diniz)

# Alumni devoted to school

By Carly Benjamin

Conestoga's Alumni Association is currently trying to change its image to meet the different needs of today's graduate.

As well as making changes to its executive, the 10-year-old association has streamlined its committee structure and crystallized its mandate.

Sara Thompson, a computer programmer/analyst graduate and mother of two, now sits as president of the association and Angela Martin, a business administrations-accounting graduate, is the new treasurer.

Monica Himmelman, alumni services officer, said both are committed to an active partnership between the students and the association. Currently only one student, Julius Avelar, a third-year business student, sits on the board of directors.

By updating and clarifying the mandate, the association hopes to recruit more student involvement by planning activities that involve student participation.

The association is now divided into three committees: volunteer

management, PR events and student liaison and the membership services committee, chaired by Linda Hart, Anabel Cordeiro and Tom Langan respectively.

In the future, the association hopes to form an executive committee consisting of a past-president, president, vice-president, secretary, treasurer and a staff member. This committee will handle finances and human relation issues.

Recruitment for the committee is currently underway.

The association hopes to have a one-day workshop committee and executive orientation in March to explore the association's constitution and strategic plan.

The association consists solely of alumni volunteers who donate their time and energy to benefit the school.

The association has donated a computer and a printer to the alumni office for the use of students and graduates.

The association also contributes to fund-raisers such as the Adopt-A-Tree fund, the money donated to this fund goes towards planting

trees on the college grounds and their maintenance. The association has donated \$2,375 to that cause from 1995-1999.

The association has also made a financial commitment to the Ontario student opportunity trust fund, which provides loans and grants to students in need.

By the year 2000 the association will have donated \$11,366 and Ontario is prepared to match that sum. All of the money raised goes to the college.

Students who would like to participate in the association would be involved in promoting the organization to fellow students through various fund-raisers and events.

If you would like to get involved, please contact Himmelman, in the student employment office.

The association hopes to plan an alumni sponsored event for every month in the calendar year.

A skating party has been planned for Feb. 28 from 2 p.m. - 3 p.m. at the recreation centre.

There is no charge to students and alumni but they must register in advance.

# Second shot at school

By Jacqueline Smith

Mature student Claudette Daley says college can be more meaningful for older students.

The third-year law-and-security student said as a mature student one of the problems that she encounters is younger students talking too much when others want to learn, or acting up too much in class.

"It could be because they are young and this is their first time in college. I guess when you are at a certain age you figure you have all the time in the world, unlike us older students," said Daley, 35, who is mother of children ages 20, 18, 17 and 14.

Daley said mature students try to be at school every day despite the fact that they have families to take care of and other responsibilities.

"Meanwhile, the other students just show up whenever they feel like it and then when they don't get a good mark they say it is the faculty's fault. It is no one's fault but their own," she said.

The LASA student uses poor attendance on Fridays as an example.

"I mean, in our program, Friday would be the worst for attendance. But for us older students, we are here through sleet and snow, Monday to Friday," she said, adding that she is not blaming all young students because there are some who are really dedicated to their college career.

When asked who encouraged her to return to school, Daley said her sister-in-law was one of her biggest motivators.

"She is one of those people who, even though she works, she is always going to school either during the summer or just night classes."

Daley said when she decided to go to college, she did an upgrade in English and that she chose

LASA because she has always liked the aspect of law enforcement and because it is a wide field.

The third-year LASA student describes the program as "not one of those fly-by-night things where you can fool around and expect to walk out of here with a diploma."

She said she likes the program except for the fact that it focuses only on policing.

"At my age, there is no way that I would think of going into policing," she said.



Claudette Daley juggles school and a hectic life.

(Photo by Jacqueline Smith)

She said the teaching touches on some other fields, but not as much as it does policing.

Daley said she wants to learn more about the civilian aspect of working in the law enforcement field, like special constable for the court, corrections and dispatching.

Daley said she has a positive attitude concerning landing a job when she leaves Conestoga. She said hands-on skills, guest speakers and security stints along with a college diploma to show employers give her a boost.

The 35-year-old said five years from now she might be running her own security firm.

"Security is becoming a major part of society. These days, people are looking for people to keep them safe," she said, adding that she believes law enforcement is one of the better fields to pursue.

"Hopefully I will be making some mega bucks out of it."

## Don't panic, it's only a drill



Students and faculty gather inside Door 5 during a fire drill on Jan. 19.

Photo by Melissa Dietrich

## Upcoming Intramural Games

### Ice Hockey

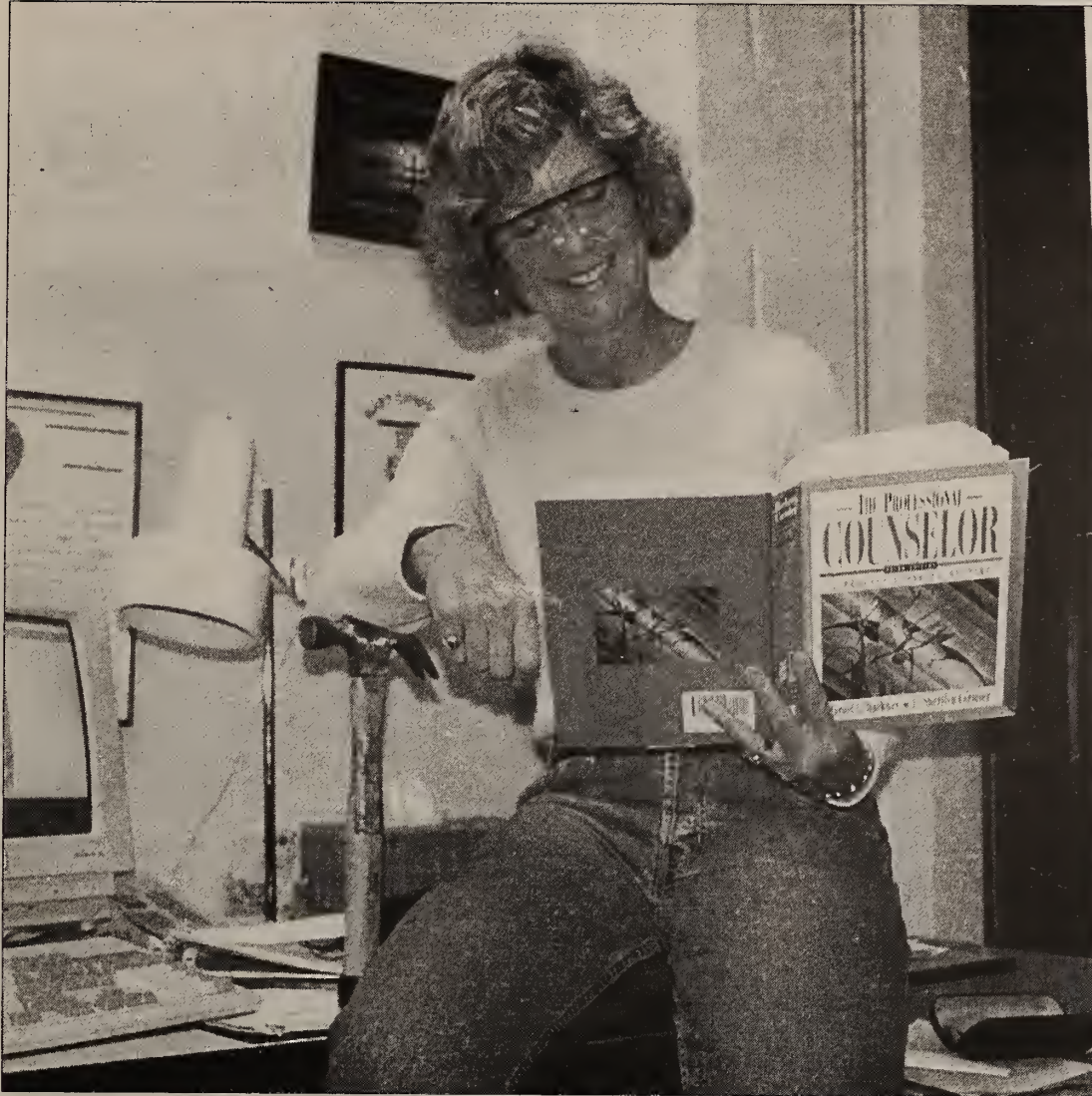
Tuesday February 2  
4:30 p.m. TIE BREAKER  
2ND VS. 5TH (Bof3)

Wednesday February 3  
4:30 p.m. A -2ND VS. 5TH  
5:30 p.m. B -3RD VS. 4TH

### Ball Hockey PLAYOFFS

Information Not Available





Madeleine Poynter, of the social services faculty, says her woodworking hobbies in the off season help give her a lighter perspective on things.

(Photo by Wayne Collins)

## Woodworking relaxes social-services teacher

By Wayne Collins

Stress is unavoidable in even the most rewarding professions but Madeleine Poynter, of the social services faculty, says her hobbies smooth many of the bumps in her career.

Poynter, who has a masters of social work, says teaching at the college is sometimes demanding.

"It means always caring and being concerned for students," she says, "but there are days when you can't face it or you feel like snapping heads off."

Still, she says, most jobs have good and bad days and her co-workers feel like family after 10 years of full-time teaching.

"I can't imagine doing a job that I would enjoy more," Poynter says.

Working with people's minds, however, also instills her with a need for physical activities. Besides playing squash, she keeps a sizeable vegetable garden on her property off Highway 97.

Cooking gourmet meals for guests is another hobby and many homegrown ingredients end up in the pot.

Woodworking, however, is what she calls her other life.

"You still use your mind cutting and measuring, but it's totally different," says Poynter. "You work with things instead of people."

She gets great satisfaction from making things with her hands because the results are more immediate and tangible.

"You actually get to see the results of a finished project," she

says.

Poynter's father Vince was a carpenter by trade but she says she never wielded a hammer or saw until she took a woodworking course at the Haliburton School of Fine Arts in the summer of 1992.

"The idea must have been brewing in me for awhile so I decided to spend a week and take this course in making twig furniture," says Poynter.

She says she is proud when she looks at a coffee table or a wicker chair she's made with her own hands.

Making furniture is not her only carpentry talent, however.

Poynter and husband Andrew also spend their summers renovating their Manitoulin Island cottage. Andrew, who owns A & M on Eagle Street in Cambridge, actually imports and sells various types of specialty woods. She insists he's the real craftsman in the family, but she does everything from mixing cement, measuring and cutting flooring and siding, to framing doors and windows.

Dangerous carpentry tools like slide saws or lathes don't intimidate her at all, she says. The Poynters practise rigid safety procedures and Madeleine's steel-toe boots, hardhat and safety glasses are her main summer fashions at the cottage.

"I approach this kind of work with a kind of healthy caution," she says. Poynter doesn't recall any close calls she's ever had but does admit to mistaking the odd finger for a nail.

Despite insisting she's not a creative person, she does like to experiment with different project ideas using various types of wood.

During winter the cottage is closed and playing squash is her main outlet. Meanwhile, she curls up in front of the fireplace at home reading historical novels and researching books for upcoming projects.

Vacations are never boring for the Poynters. Next summer they plan to add to the cottage but Madeleine also looks forward to building a chaise longue.

"I would definitely say woodworking relieves stress," says Poynter.

## Program causes grief to Ontario car owners

By Judy Sankar

A new program designed by Ontario's Ministry of Transportation to reduce smog-causing pollutants could cause grief for many drivers.

The program, already in effect in the Durham, Hamilton-Wentworth and Greater Toronto Area (GTA), is called Drive Clean.

Owners of cars between three and 20 years old in these areas will be required to have their car tested by an approved inspector.

A probe is placed in the tailpipe of the car which tests for concentrations of nitrogen oxides, carbon monoxide and hydrocarbons.

The results of the test are then compared to emission standards for the vehicle's year and make, considering vehicle deterioration.

The test takes less than 20 minutes and costs less than \$30 plus taxes. The owner of the vehicle receives a report detailing the amount and type of emissions the car is producing.

If there is a safety problem with the vehicle, or visible smoke is coming from the tailpipe, the vehicle will not be tested until it is repaired. This is done to ensure the safety of the inspectors and to maintain the testing equipment.

Should a vehicle fail the test, the required repairs must be made, and the car tested again until it passes. If the owner can prove

he/she has spent \$200 at a Drive Clean repair facility, a conditional pass will be given to the owner for registration renewal when his/her sticker expires.

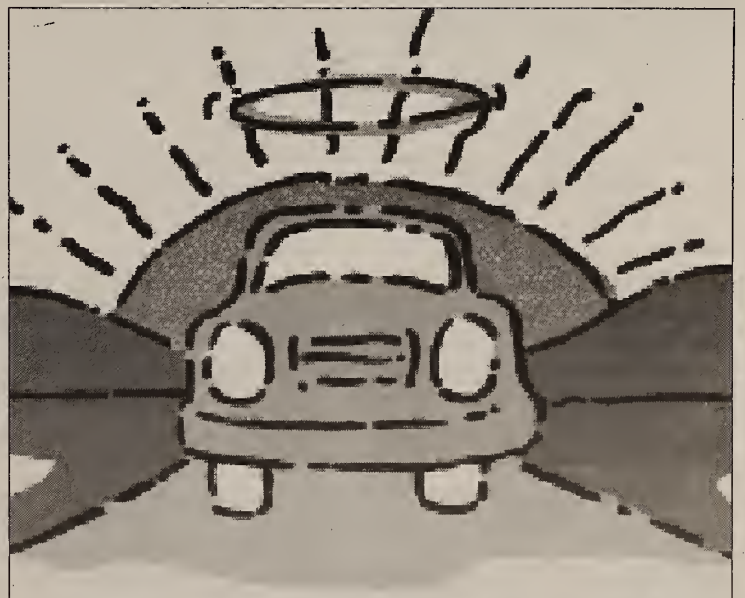
"We [Ontario] are way behind the times," says Anthony Darcy, a Drive Clean information officer from Toronto. "There are 35 to 40 emissions programs already in effect in North America." Calgary and Vancouver are among Canadian cities that already have emission programs. California's emissions program has been in effect for the past 18 years and Switzerland has had a program for 22 years.

About 80 to 85 per cent of passenger cars and light-duty trucks pass the inspection or merely require a tune up.

"It shouldn't cause many people grief but we will probably get a lot of grief from that 15 to 20 per cent," says Darcy.

For residents of Kitchener, there is still time. Phase two of Ontario's Drive Clean program, which is the same as phase one but applies to more cities in Ontario including Kitchener takes effect in 2001.

Initially it may seem to be more of a burden than a benefit but when fully implemented, the program will cut pollutants that cause smog by up to 22 per cent. Drivers could be saving 10 per cent in annual fuel consumption and prolonging their vehicle's life.



(Internet photo)

## Job Fair '99



Largest Fair in Canada

Wed., Feb. 3, 1999

10:00 am - 3:00 pm

Bingemans Conference Centre

Transportation available throughout the day

For more information see the Student Employment Office Room 2B04

Over 200 employers expected to attend.

10 Steps for successful attendance at: Job Fair '99

1. Wear business-like attire
2. Research the employers
3. Have your resume critiqued (at the Student Employment Office) prior to the Fair, and have lots of copies on the day
4. Go through the Fair alone
5. Attend the Fair early enough to see all the employers you want to contact
6. Have questions ready see the Employer Guidebook for some ideas
7. Be courteous and patient... smile!
8. Watch your language and behaviour as you travel through the Fair
9. Prepare a short "commercial" about yourself
10. HAVE A GOOD TIME!!!



*Students display their projects*

# Constructing connections at Network '99

**By Jaime Clark**

Conestoga College construction engineering technology students got a chance to show their stuff to industry representatives and potential employers at a first-time event called Network '99, held in the blue cafeteria on Jan. 20.

Network '99, promoted as a trade show, information exchange, recruitment fair and technical project display, was the idea of the construction engineering technology advisory committee, which is composed of industry representatives.

Arthur Winslow, a 1987 Conestoga graduate and member of the advisory committee, said the purpose of the event was to give students a chance to meet and demonstrate their abilities to representatives from each sector within the construction industry.

In addition to the students' in-progress final design projects, industrial displays were presented by firms engaged in such fields as engineering, consulting, general contracting, architecture, landscape architecture, building inspection, residential design, sub-trades, environmental services and construction materials manufacturing and supply.

"We've got a snapshot of each division," said Winslow, who owns his own construction company.

He said the majority of the projects on display were those of third-year students, but there were also two projects from second-year and two from first-year students. The displays represented the culmination of the students' technical studies, both theoretical and applied.

Leslie Vogel, a third-year

student whose group project was on display, said all the groups received a memo before they began their projects where the teacher took the position of an owner and set out the basic requirements.

Some of those requirements included a parking garage and pool. Three people from her class were then elected to randomly pick the groups.

Members of each group were responsible for every aspect of their projects from the floor plans and structural drawings to the written reports and models.

After the requirements were met, the groups were allowed some room for creativity. For example, Vogel's group, which also includes Pat Danbrook, Tracey Kearley, Chris Buchanan and Hermes Alveras, decided to include a convenience store, craft room, chapel, auditorium, games room and woodworking centre for the residents of their retirement home, Queen Margaret's Manor.

Members of each group were responsible for every aspect of their projects from the floor plans and structural drawings (Vogel's group had 25 drawings) to the written reports and models.

Besides learning about constructing a building from the ground up, Vogel said they also learned a lot about working together in groups.



From bottom: Pat Danbrook, Tracey Kearley and Chris Buchanan show an industry representative the drawings of their in-progress construction engineering technology project, Queen Margaret's Manor. (Photo by Jaime Clark)

## Polar Plunge postponed

**By Lisa Wilhelm**

Because the water level in the pond is so low, Conestoga College's annual polar plunge may not take place this year. As of Jan. 21, the decision to hold the polar plunge was still undecided. The Polar Plunge, or whatever event the DSA does decide to hold, has been postponed until Feb. 17.

"(If the plunge doesn't run) it will be the first time in 18 years that (the college) won't be holding the plunge," said Gerry Cleaves, vice president of student affairs. "People are coming in and concerned that it will not happen."

If the weather doesn't allow for the plunge to occur, there are other ideas in the works, including building a giant snow bowl and filling it with water or setting up a slip and slide with a pile of snow at the end for the sliders to land in or even snowball fights. But these activities also require snow. Cleaves said the only time the pond has ever been this low before was when it was drained intentionally.

"One year they had to cut down 18 inches to get to the water, but now (the water level) is down too far," said Cleaves. "Right now, all it is is water and muck, so if anyone were to jump in, they'd sink into the mud."

Cleaves said at this point, student and faculty are offering to help by providing suggestions

for an alternate activity. Physical resources even offered to provide plows to build up the snow bowl if that's the idea the DSA decides to go with.

Cleaves said that by far, this is one of the most popular events at Conestoga in terms of sponsorship, coverage and participation because the proceeds go to the Heart and Stroke Foundation.

Cleaves said his only hope is that the snow will melt and run off into the pond to make the water level higher. If that happens, then he said, maybe the plunge will happen.

"Students who have done it every year they've been here really want this to happen," said Cleaves. "I want to jump but we can only do what the weather allows us."



Gerry Cleaves, Doon Student Association vice-president of student affairs, attempts a last-minute plea to help save the Polar Plunge. (Photo by Lisa Wilhelm)

### COUNSELLOR'S CORNER: GRIEF

You can't stop crying, you feel angry, you feel numb. All of these feelings are normal reactions to loss in our lives — a reaction we call grief. Grief does not only have to be a result of losing a loved one to death; we grieve any kind of loss: the breakup of a relationship, the loss of good health or even the loss of a dream to reach a certain goal. Although these feelings are natural, it sometimes helps to talk them over with a counsellor as part of the healing process. Writing your thoughts in a journal, reading books about grief, and talking to friends can also help. Most of all, give yourself permission to grieve. Feelings left bottled up will only come out later, delaying the healing process. If you have a friend who is grieving, don't worry about saying the wrong thing to them. Just be there, be a good listener or remind them how much you care with a card, a hug or some time together.

*Submitted by: Student Services*



## DSA serves spaghetti and lots of laughs

# Comedians shine despite small turnout

By Brent Clouthier

Conestoga College's student lounge played host to the comedy stylings of Rick Bronson and Wade MacElwain Jan. 19 and the few who turned out were treated to non-stop laughter in an intimate setting.

The Doon Student Association (DSA) sponsored the Canadian-born comics, who assaulted the Sanctuary crowd with their own

special brand of comedy.

Mixing the humorous observations of Jerry Seinfeld with the off-beat delivery of Howie Mandel, Bronson brought to hilarious light everything from smoking and sex to Americans and college life in his show entitled Full Metal Comic.

Turning the small student turnout to his advantage, Bronson set aside the microphone and opted for a straight

vocal delivery, creating a more personal and casual atmosphere around his show.

Moving freely across the stage and among the audience, he was able to interact directly with his audience and, at times, involve them directly with his act.

He attempted to phone an audience member's mother on a cell phone, imitated Fred Flintstone's door-banging "Wilma!" shout as a DSA member locked herself in the DSA office and even went so far as to drag an unsuspecting night student passing through the hall into the show.

Bronson, manic one minute, subdued and self-deprecating the next, used his unpredictability to keep the audience disorientated with hilarity.

For his finale, Bronson mixed tongue-in-cheek magic tricks with direct audience participation, embarrassing his volunteers much to the delight of the remaining onlookers.

MacElwain, Bronson's opening act, warmed up the Sanctuary crowd with a blend of crass and cynical comedy.

MacElwain, a one-time area resident, based his act on sarcastic comments concerning the local bar scene, growing up on a farm, sex, drugs and alcoholism. His beer-drinking approach, although differing in style to Bronson's, was



Rick Bronson has some fun with the audience during his Full Metal Comic show on Jan. 19. (Photo by Brent Clouthier)

nonetheless successful in getting laughs from the audience and gearing them up for Bronson's act.

Both acts were subjected to repeated heckling from one audience member.

MacElwain and Bronson skillfully parried the heckler's outbursts with hilariously derogatory comments without losing any of their professionalism.

Bronson, however, was forced to modify his act due to

the amount of time spent with the heckler, whom he referred to as the weirdest he had ever heard.

The DSA began the comedy night with a spaghetti dinner, featuring caesar salad and garlic bread.

**Turn to Page 15 for SPOKE's interview with Rick Bronson.**



Comedian Wade MacElwain warms up the Sanctuary crowd on Jan. 19. (Photo by Brent Clouthier)

## Conestoga grad finds life best when outdoors

By Lindsay Gibson

Being outdoors is something Conestoga College graduate Matt Code craves. Whether he is snowboarding, rock climbing, canoeing or camping, he can always be found outdoors, doing what he does best.

Although Code may seem like someone who has spent his entire life experiencing the

outdoors and perfecting the many activities he enjoys, his love for adventure activities was something he only discovered in his first year at Conestoga in 1995.

A friend took him to an indoor rock climbing gym in Waterloo and he immediately fell in love with climbing. He went out the next day and bought climbing equipment.

This experience sparked a great interest in Code for outdoor activities.

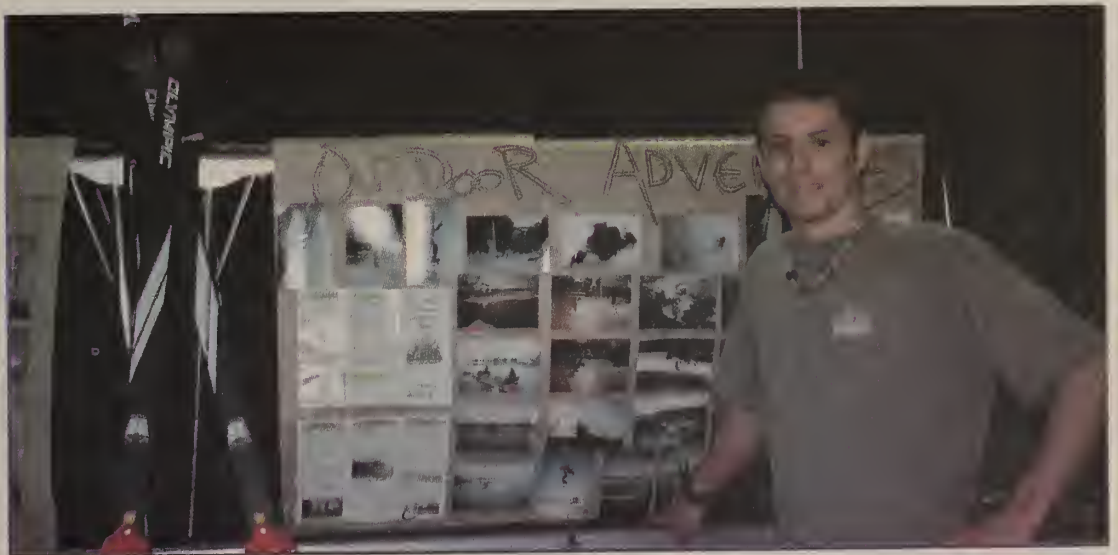
Code began working at Higher Ground, the rock climbing gym at Sports World in Kitchener, three years ago and then opened his own company the summer after he graduated.

He is currently president of Outward Roots, which offers guided out-tripping year round.

Outward Roots runs out of, but is not part of, Higher Ground.

He has three part time instructors/guides working with him to take the participants to the rocks of the Niagara Escarpment, Milton, the caves in Collingwood and the rivers and lakes of Algonquin Provincial Park.

Outward Roots offers ice climbing and kayaking packages



Conestoga grad and president of Outward Roots, Matt Code, visited Conestoga College Jan. 11 to promote his outdoor adventure company. (Photo by Lindsay Gibson)

to the Elora Gorge, cross-country skiing and snowshoeing in Collingwood, winter camping, rock climbing and kayaking.

Code, who graduated from the recreational leadership program at Conestoga College in 1997, said he learned much from the program that has helped him in his business endeavour.

"If anything, I learned a lot of business knowledge, connections

and networking from the program," he said.

Code has been rock climbing for four years and is certified through the Ontario Rock-Climbing Association.

He began cross-country skiing, snowshoeing and winter camping three years ago and now teaches others seeking adventure.

He does not instruct kayaking or ice climbing himself, because he says his other

instructors have more experience. He is a regular canoeist and is certified through the Ontario Recreational Canoe Association.

The future looks bright for Code who wants to continue with his business and hopes to one day expand.

"I eventually want to purchase land on the Grand River and run more instructional programs in both canoeing and kayaking."



Zach Trainer, ice-climbing coach and guide at the Elora Gorge. (Photo by Matt Code)



# Eating Disorder Week promotes awareness

By Judy Sankar

It seems like everywhere one looks these days, one is bombarded with images of how one should look physically.

At any given time 70 per cent of women and 35 per cent of men are dieting, says a Canadian study. The pressure for slender or athletic bodies is, in some cases, so high that it results in eating disorders.

Feb. 1 to 6 is eating disorder awareness week in Canada.

In Kitchener, the Waterloo Region Eating Disorder Coalition is trying to raise awareness about the seriousness of the problem concerning eating disorders and body image.

"The Eating Disorder Coalition of K-W was actually put together by professionals who were extremely concerned about the high incidence that was occurring nationwide, but also locally," says Lynn Robbins, a counsellor in student services and a member of the coalition.

Anorexia nervosa, characterized typically as self-induced starvation and bulimia nervosa, the repeated act of binge eating followed by self-induced vomiting



Lynn Robbins, a counsellor in student services, scans the Internet for Adbusters, an organization that scours the media for negative image portrayals. (Photo by Judy Sankar)

or the use of laxatives, are not simply physical problems, says Robbins.

"It's also a control issue. These problems engulf everything physically, psychologically, emotionally."

While public awareness is increasing, there is still a lot to be done. A Canadian study, for example, showed that Canadian children in grades 3 and 4 say they'd

rather lose a parent, get cancer or live through nuclear war than be fat.

Although it is evident that problems surrounding eating disorders exist, Robbins says that the images change.

"Before the body image of Marilyn Monroe was what people admired," she says. "I do feel that even though we've made changes, we're not all after the Calista

Flockhart and Kate Moss body types," she said. "They're obsessively slender and now we also have moved into this body-mass toned type that is also excessive."

As part of this year's awareness week, the coalition is sponsoring a panel discussion at the Waterloo Recreation Centre on Father Bauer Drive on Feb. 4.

The panel discussion, designed to educate people on eating disor-

ders and body image issues will feature five members. They will include a parent whose child has an eating disorder, a kinesiologist, a child and youth worker and a physician.

The National Eating Disorder Information Centre in Toronto is encouraging a nationwide "trash it" activity to promote the fight against dieting, the leading stepping stone to eating disorders.

"Trash it" consists of throwing out any diet-oriented materials such as dieting pills, scales and laxatives.

Although the Doon Student Association has nothing planned for eating disorder awareness week, student services will be taking part in "trash it" all week. A booth that provides students with information on eating disorders, help centres and what to do if you or someone you know may have a problem will be set up as well.

Robbins says that diversity is a wonderful thing and people need to appreciate that.

"Concentrate on being the best you can be from the inside. Appreciate other people as well."

## It's Heart and Stroke Month

# Campaigning to disable Canada's top killer

By Jacqueline Smith

There are many misconceptions when it comes to heart disease. One misconception is that most people perceive heart disease and stroke to be "men's" diseases.

This is contrary to the reality that 40 per cent of women die from heart disease, compared with 37 per cent of men, said Judy Hyde, area manager at the Kitchener Heart and Stroke Foundation office.

According to the 1998-1999

Heart and Stroke Foundation brochure, the foundation is making public education efforts in Ontario to correct the misconception by unveiling a mass communication campaign targeting women.

Hyde said middle-age women are the highest risk category. "Most people think it's men, and it's not," she said, adding that only about 29 per cent of women know they are even at risk.

She said for men, the first heart attack is the big one.

"They feel a crushing pain in their chest, their arm is numb and they know they are having a heart attack," she said.

With women, Hyde said, the warning signs are different.

"Sometimes it just feels like indigestion, and often times women don't recognize it," she said.

She said electrocardiogram testing has been done on women and reveals that many have had heart attacks they were not aware they've had.

"That is a serious issue for women because, if you had a heart attack, you don't know you had it, and you don't make any changes to your lifestyle to prevent it from happening again, you are going to have another one," Hyde said.

She also said heart and stroke are more common among baby boomers.

The foundation uses the month of February to raise money and awareness for the No. 1 cause of death for Canadians.

Hyde said the foundation does year-round fund-raising, but during the month of February volunteers go from door to door to raise funds.

"We just ask people to canvas the streets for three hours within the month," Hyde said, adding that high schools, colleges and universities usually take part in the year-long campaign.

Hyde said another misconcep-

tion is that strokes, which occur when a blood vessel bringing oxygen and nutrients to part of the brain bursts or becomes clogged, is an old person's disease.

"But now we know it's not. More younger and younger people are having strokes. We have several volunteers with us who have had a stroke when they were 30," she said.

Hyde also said that if statistics

hold true, the incidence of strokes will probably increase to about 36 per cent by the year 2006.

"And we know that our health care system could not handle that," she said.

The foundation will be adding another program, to provide a stroke line, visit program and support groups, to accommodate stroke victims, their caregivers, and families and friends.



Judy Hyde, area manager for the Heart and Stroke Foundation, shares upcoming plans for February. (Photo by Jacqueline Smith)

## Joining hearts for a worthy cause

By Jacqueline Smith

Each year, the Heart and Stroke Foundation of Ontario launches various activities as part of their effort to raise funds and educate the public about heart disease and stroke during February, which is heart month.

This year, the first campaign activity will be the third annual Hearty Soup Luncheon, which will be held on Feb. 2, at Knox Presbyterian Church in Waterloo and the Newfoundland Club in Cambridge.

The luncheons are scheduled from 11:30 a.m. until 1:30 p.m.

For the event, 21 area restaurants will be donating five gallons of soup each. "Celebrity guests" will also come together to raise money for research and

health promotion against Canada's number one killer, heart disease and stroke.

Judy Hyde, the area manager at the Kitchener Heart and Stroke Foundation office, describes the luncheon as a "nice cheap lunch, with all the soup you can eat."

She said a family physician who teaches stress management, will speak at the Waterloo luncheon. Jon Dald, author of the book *From Couch Potato to Baked Potato*, will speak in Cambridge.

Hyde said people who wish to volunteer with the Heart and Stroke Foundation of Ontario can contact them toll free at 1 888-HSF-INFO or (519) 571-9600. Those interested can e-mail the Heart and Stroke Foundation at [jhyde@hsf.on.ca](mailto:jhyde@hsf.on.ca)



## New bugs discovered daily

# Computer health costs big bucks

By Wayne Collins

Computer maintenance costs, such as fighting viruses, could explain part of the increase in college tuition costs.

Hackers continue to write new viruses and invent ways to spread them through computer systems. According to Wayne Hewitt of the college's computer services, many students are unaware of the war against computer infections.

Hewitt, who has 12 years experience, says the college spends over \$11,000 annually on anti-virus hardware alone. That figure doesn't include the \$50,000 cost of providing Internet access to students or maintaining a firewall to keep users "in or out" of the system.

"We're going to have more and more expenses each year for antivirus software," Hewitt says.

Since the college went from Windows 3.1 to Windows 95 in 1997, thousands of viruses have been detected by Symantec's Norton AntiVirus scan system. The college has encountered every known virus at one time or another. Hewitt says viruses come in all sizes, names and shapes. When new bugs are discovered the college receives an updated floppy to protect itself.

"Between 20 and 50 new viruses are detected each week," he says, adding that 5,420 viruses have popped up since the last update, more than six months ago.

Internet access is another problem, he says, because viruses can spread faster.



Wayne Hewitt has worked at the college's computer services office for over 12 years. He says fighting macro viruses costs about \$11,000 each year.

(Photo by Wayne Collins)

"Someone can write a virus in Japan, upload it onto a site and seconds later it is downloaded in California," says Hewitt, adding that it's almost impossible to catch the culprit. Recently, Hewitt caught a Conestoga student messing around with a virus. He immediately notified the student that the college considered this a hacking tool and shut him down.

Even though the person obviously didn't know what it was, he could still get into trouble, says Hewitt.

"Oh what is this?" he mimics. "I think I'll download it and see what it is. Pretty innocent."

He warns that anyone caught tampering with viruses at the college will be in trouble.

"What happens with your account is your responsibility here, which means if we catch you doing malicious things with your account you'll be visiting the principal or the (information technology) director, or both," warns Hewitt.

Big business is not immune to this problem either, he says. Employees often bring viruses from home on the 3.5 diskettes and millions of dollars are spent on antivirus software each year.

According to Hewitt, major software manufacturers, such as Microsoft and Novell, have also had problems with viruses slipping through their quality control processes.

Another nuisance, says Hewitt, is the "Dear Friend" hoax. This is a sham that hackers send out warning of a fake virus. In this case, no virus actually exists. Some computer programs, however, must remain on hold until the hoax can be exposed.

Hewitt recommends students install good antivirus software at home and run it regularly to avoid infections.

People wishing to research viruses or determine if their own computer is infected can contact the Symantec AntiVirus Research Co., (SARC), on the Internet at [www.sarc.com](http://www.sarc.com).

Samples of suspect viruses can be mailed to them, but SARC warns, "Don't write 'Contains live virus,' on the envelope because it upsets the post office and may prevent delivery."

# CBSA is DSA to business students

By Eileen Diniz

The Conestoga Business Students Association, who initially used fund-raising to upgrade the business program's computer labs recently held discussions with the college administration. As of next year, the CBSA will be handing the responsibility of upgrading the computers over to the college.

"We had to take a loan out to upgrade the last time and we just can't keep up with it anymore," said Laurie Campbell, the CBSA communications co-ordinator and a third-year marketing student.

The CBSA is behind the biz bashes, almond sales and other fund-raising events to collect money for the business programs at the college.

The CBSA represents all of the business students at Conestoga. They started out about six years ago when marketing students were going to marketing competitions. They were selling almonds to raise money for the contest and decided it would be fun to do fund-raisers to help raise money for all the business programs.

"We basically use the money we get by fund-raising to help the business programs and students. Fund-raisers are our main sources of income, especially the biz bashes. We are not subsidized by the school like the DSA, who receive funding from registration fees," said Laurie Campbell, the

CBSA communications co-ordinator and a third-year marketing student.

She said the CBSA has also donated some of its fund-raising money to community organizations. Their most recent involvement with the community was the disco fund-raiser they held at Stages Jan. 21 to help raise money

for the Const. Dave Nicholson and Mark Gage memorial fund.

"In previous years the CBSA raised money to donate to the Children's Wish Foundation. We have also given many donations to the food banks. Last year we decided to give back to the school and collect donations for the people right here at the school

who are in need," said Campbell.

The CBSA is most well-known around the college for their biz bashes, a primary source of funds.

"The biz bashes are basically just a large party," Campbell said. "They are lots of fun and you can really enjoy yourself. It is especially a good time when the faculty comes out and parties with us."

The event is usually held at Stages in downtown Kitchener because of the good relationship the CBSA has with the club, although they have held them at Inner City and The Lyric in past years.

"Stages doesn't usually charge us anything to use their place. They are good to us and we appreciate it very much. Stages is also thankful for what we do for them, bringing business to their organization," said Campbell.

The CBSA has already begun thinking of new fund-raising activities for next year.

The CBSA is presenting a Valentine's Bash Feb. 11 at Sammy's Garage in downtown Kitchener. It will feature the Wheel of Love and offer people the chance to win over \$500 in cash and prizes.

There are five members on the CBSA executive. President Hong Chau, second-year accounting; VP Teresa Bricker, third-year marketing; promotions co-ordinator Ryan Hicks, second-year marketing; vice president Trevor Topping, second-year accounting



CBSA executive members, pictured from left to right are president Hong Chau, second-year accounting; communications co-ordinator Laurie Campbell, third-year marketing; promotions co-ordinator Ryan Hicks, second-year marketing; vice president Teresa Bricker, third-year marketing; and treasurer Trevor Topping, second-year accounting.

(Photo by Eileen Diniz)

and communications co-ordinator Laurie Campbell, third-year marketing student.

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*John Howard Society rep visits Sanctuary*

# Sexism and violence topic of presentation

By Julie van Donkersgoed

A crowd of approximately 50 people gathered in the sanctuary, Jan. 21 to attend a presentation dealing with sexism and violence.

The event, sponsored by the women's resource group of Conestoga College, featured guest speaker Dan Beckett, the family violence prevention co-ordinator for the Waterloo-Wellington John Howard Society.

Throughout the 50-minute presentation, Beckett focussed on the negative role males play in violence towards women and children.

"All men have work to do in getting a handle on their emotions and issues," he said.

A brief video, *Nobody Knew*, depicting an average guy talking about his experiences with violence, was also included in the presentation.

While Beckett included an overview of five theories of violence in his discussion, the feminist theory was the concept that received the most explanation.

"Wife beating is a controlling behaviour which serves to create and maintain an imbalance of power between a man and a woman," he said.

This philosophy is the one supported by the John Howard Society when creating programs for the men's violence groups Beckett has led for the past 11 years.

While Beckett emphasized the negative role men play in abusive relationships, he acknowledged the fact that not all men abuse their partners or lose control to the point of damaging someone else, in either a physical or emotional way.



Dan Beckett, the family violence prevention co-ordinator for the John Howard Society, speaks about sexism and violence in the Sanctuary on Jan. 21.

(Photo by Julie van Donkersgoed)

"Guys lose it sometimes — sometimes they lose it a lot," he said. "Generally I think men are good people. The people that I am talking about today are representative of some of the men out there."

Beckett also discussed sexism and its

pervasive role in society.

"It is about treating women like they are inferior to men, as objects without preferences, feelings or potential," he said.

He went on to explain the dangerous link that exists between sexism and violence.

"Some men see women as objects that are a means for a man's ends and subject to being controlled and discarded if not needed," he said.

"Seen in this way, some men consider violence against women to be normal."

## Art gallery offers lectures

By Elizabeth Sackrider

The Kitchener-Waterloo Art Gallery is providing an opportunity to attend a series of free public lectures every Tuesday morning.

On Jan. 19, John Walter PhD., spoke about the benefits and disadvantages of using art as therapy with medium security inmates at the Guclph Correctional Centre.

Walter, a former art editor at the Kitchener-Waterloo Record, talked about the process inmates underwent while creating various types of art. Walter now does art restoration at a studio in New Hamburg.

"The inmates were affected individually by how much effort they put into it," said Walter. "Sometimes it was an almost immediate effect."

The program, which ran from 1992 to 1995, encouraged art work by the prisoners. The program ended in 1995 because of government cut-backs.

The next lecture will be held on Tuesday, Feb. 16. Dianne Cruyton has been asked to speak about the famous elephant "Jumbo" and how 19th century glassmakers commemorated the beast.

Photographer Pamela Williams will talk about photographing European cemeteries on March 16.

On April 20, Kay Marie Wallace will walk the group through her quest for spirituality in creating bronze casting.

The gallery will also be hosting a day trip to Boston to see parts of Monet's collection. This is one of Monet's limited showings in North America.

## Entertainment happenings

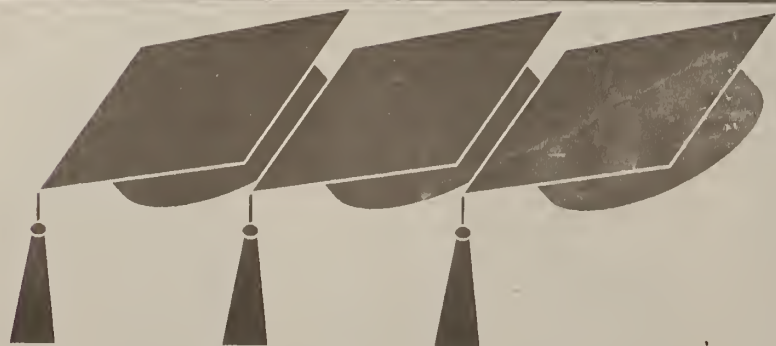
Conestoga College's Winterfest '99 kicks off Feb. 1 and should be just the cure for those winter blahs.

Canadian rockers Big Wreck will be playing Feb. 6 at Wilfrid Laurier University's Turret. Tickets are still available.

The Flying Dog plays host to bluesman Mel Brown every Wednesday night.

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# Nolte and Penn shine in an uneven *Thin Red Line*

By Ken Groulx

Adapted from the 1962 James Jones novel chronicling the American victory over the Japanese at Guadalcanal during the Second World War, *The Thin Red Line* will draw inevitable comparisons to last summer's Steven Spielberg war film, *Saving Private Ryan*.

While Spielberg's commemorative vision of war presented audiences with undeniable moral heroism in the horrific face of war, *The Thin Red Line* delivers a far more convoluted, moral ambivalence. Director Terrence Malick delivers a brooding, often-compelling war epic, but his over-reliance on introspective monologue and philosophical metaphor make *The Thin Red Line* an uneven experience.

The return of Malick, following a 20-year absence from filmmaking, should be reason for enthusiasm. His 1973 directorial

debut, *Badlands*, based on the Charlie Starkweather mid-west killing spree in 1958, was met with critical kudos and launched the careers of a young Martin Sheen and Sissy Spacek. His 1978 follow-up, *Days of Heaven*, starring Richard Gere, received four Academy Award nominations.

But with *The Thin Red Line*, Malick's over-indulgence proves to be his undoing. In attempting to draw the parallels between the brutality of war and the cruelty of nature, the film is bogged down under endless scenes of swaying foliage and an assortment of wildlife. It is an admittedly sound concept that is expertly executed, but often makes for tedious viewing. Malick's intentions of creating a profound war film with thematic substance are honorable, but at nearly three hours long, his metaphors are often lost in a wake of psycho babble.

The marquee of *Thin Red Line*



Sean Penn plays Sgt. Welsh in *The Thin Red Line*.

(Internet photo)

boasts an impressive stable of major acting talent with robust performances by the entire cast. But aside from the meaty roles of Nick Nolte and Sean Penn, the parts played by Woody Harrelson, John Cusack and John Travolta are largely glorified cameos. The bulk of the film is instead focused on lesser-known actors, including Elias Koteas, Adrien Brody and Ben Chaplin, all of whom perform their roles with aplomb.

In his most complex work since *The Prince of Tides*, Nolte delivers an Oscar-worthy performance as the sadistically ambitious Lt.-Col. Tall. Bitter at being passed over for promotion and anxious to further his own career, he blindly orders his soldiers on a suicide mission to secure Hill 210. Yet his voice-over dialogue reveals the loathing and consequence of his actions.

The ever-reliable Penn (*Carlito's*

*Way*), undeniably the top actor of his generation, delivers a similarly conflicted character as Lieut. Walsh, a soldier whose practices and thoughts are also at odds. He struggles to cocoon himself with a veil of cynicism by forcing himself to admit, "It's all about property." But his cynicism is undermined by Pvt. Witt, an idealistic deserter, played by the doe-eyed Jim Caviezel (Wyatt Earp) in a memorably haunting performance.

*The Thin Red Line* is a challenging character piece, complete with some of the finest battle sequences ever committed to celluloid; Oscar-winning cinematographer Richard Toll augments the bloodshed with a lushness rarely seen in a war film.

It is a dark and pensive film that lacks the commercial sheen of *Saving Private Ryan*, but it is a fine achievement in documenting the dehumanization and atrocities of war.

## Cowgirls a soul-stirring musical

By Ken Groulx

If rigid musical convention and categorization bore you, The Waterloo Stage Theatre's production of *Cowgirls* may be just the cure for your musical apathy.

Driven by a strong, multi-talented cast and engaging musical numbers, the new musical comedy is a light-hearted romp that successfully cocktails classical and country music into an eclectically entertaining and original mix.

The play opens at the downtrodden Hiram Hall, a country and western saloon that has fallen on financial hardship. To save her ailing saloon from becoming a gift shop for the world's largest ball of twine, Jo Carlson, played by Dale Hobbs, hires a band called the Cowgirl Trio. A misunderstanding, however, brings in the Coghill Trio, three classical musicians on a reunion tour. Carlson initially

dismisses the Coghill Trio, but desperation forces her to convert them into bonafide, country-picking cowgirls.

The opposite musical dialects would appear to be a recipe for a sour musical mismatch, but the versatile talents of a brilliant cast seamlessly marry a musical hybrid of symphony and hoe-down that is thoroughly enjoyable.

The music adheres to the integrity and convictions of both styles of music, but succeeds by taking a comedic tongue-in-cheek poke at the stereotypes surrounding them. Songs like Don't Call Me Trailer Trash (She Lives In a Mobile Home) and Saddle Tramp Blues crackle with the sort of self-deprecation genuinely inherent in country music without treading too heavily on traditionalist toes.

While numbers like From Chopin To Country provide the production with the heart of its comedy, there are also moments of remarkable poignancy.

Numbers such as Don't Look Down, performed with striking conviction by Jane Armitage, and Looking for a Miracle, sung by the entire cast, give *Cowgirls* an emotional depth.

The all-female ensemble shines in every facet. They sing, dance and play a wide assortment of classical and country instruments with considerable ability. Leslie-Anne Wickens and Tara Kent shine as Mickey and Mo, authentic southern gals whose loyalty to Carlson leads them to tutor the Coghill's transformation from stodgy classical players to neophyte cowgirls. The Trio, played by Maria Riedstra, Jacqueline Sadler and Armitage, also deliver absorbing performances as three distinctly different individuals bonded by their musical compassion and courage.

It is a superb production and if you have never seen a Waterloo Stage Theatre production before, *Cowgirls* is a fine reason for you to hitch up your spurs and give them a look.

## Comic Rick Bronson loves college crowds

By Brent Clouthier

Rick Bronson, the featured comic during the Doon Student Association's comedy night, Jan. 19, is no fool when it comes to college audiences.

"I love performing colleges," the comedian said during a pre-show interview. "They don't get uptight about vulgarity or subject matter. They realize fully it's only a comedy show."

College audiences seem to reciprocate the affection Bronson shows for them. He was awarded the Canadian Campus Comedian of the Year in 1997 and 1998, and, judging by his performance in the Sanctuary, is poised for another in 1999.

Bronson is more than familiar with the lifestyle of post-secondary education and bases part of his act around the pitfalls of the party life. He obtained a marketing degree from Vanier but still wonders how.

"School was definitely not a priority for me," he confesses with a laugh. "I spent many a night wondering what day it was."

Having spent half his life in show business working with such comedy legends as The Smothers Brothers and Phyllis Diller, Bronson has developed his act into an interactive romp with the audience. Following no set formula, anything goes as he bounces sharp wit and goofy characters off his audience, often setting the tone of his act by their reactions.

For his performance in the Sanctuary, Bronson did his act without a microphone and spent most of the night running amok through the crowd, poking fun at many of its members. Judging by



Comedian Rick Bronson loves a college crowd.

(Photo by Brent Clouthier)

their reaction, the Conestoga crowd appeared to love the informal setting.

"I hope that answers any question about whether my act is pre-planned or not," Bronson said after adjusting most of the show to concentrate on an incessant heckler. "That was the weirdest heckler I've ever heard."

His success on college campuses has translated into three appearances in the Montreal Just For Laughs Comedy Festival and he will be featured during CBC's half-hour comedy special *Comics!*

Bronson is also the host of *The Tourist*, a weekly travel show on the Life Network, which chronicles his adventures in North America's coolest locations.

"I'm pretty busy with TV," Bronson said as he contemplated his future as a touring stand-up act.

"At least watch my show," Bronson joked, "just so they won't pull another Canadian program."

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# To boldly go Condor coach aims to break new ground

By Brian Smiley

Most athletes are satisfied letting their names fade from the headlines when their playing days are over.

For Coach Terry Upshaw of Conestoga's men's varsity basketball team, his ambition reaches a lot higher than most retired six-foot tall point guards.

His ultimate goal is to break ground where no one else has been before.

"My ultimate goal is to be the first black head coach in the CIAU (Canadian Interuniversity Athletic Union) to win a national championship."

After everything he has accomplished up to this point, that goal seems very realistic.

Born in Nova Scotia, Upshaw, now 33, has traveled a long way to get where he is today.

The coach says he has always been interested in basketball, since the time he was a child.

"I was always around it as a kid," he said. "My cousin played at Acadia and I was a ball boy."

After he got cut trying out for Junior 'A' hockey, he started playing basketball at the high school level in both Nova Scotia and Ontario. After graduating, Upshaw attended the University of Guelph, where he obtained degrees in history and marketing.

He also played basketball for the Gryphons, albeit sparingly, when they were national champions two years in a row.

It was while at university that he became involved coaching basketball.

He coached a midget team at a Guelph high school that lost the city finals and later, when he stopped playing, he coached the senior team for a year.

He coached at Guelph University as an assistant and now at Conestoga where he leads the Condors. But, he still coaches high school on the side.

"The reason I still do high school, especially this year," Upshaw said, "is because Conestoga is not fully varsity this year."

He says it's much easier to recruit players to the college when you're actually involved with a team. The players find you more recognizable and it's easier to approach them.

He has also coached overseas in Iceland and Lebanon. It was in Lebanon that one of the highlights of his career took place.

After coaching a Lebanese team to the championship, the crowd of 10,000 was so appreciative they carried the team's best player across the court.

"They said he was too good to touch the ground," Upshaw said.

Another one of his coaching highlights was turning around a high school program that was under .500 one year, to a 42-8 record the following year. This was achieved by the addition of no new players, just a new coach, himself.

game as well as any coach he's ever had, but more importantly, he understands the players have other commitments, like school and work.

"I think he's an awesome coach," he said. "He's more of a player's coach."



Terry Upshaw, coach of the Condors varsity men's basketball team, practises along with the team on Jan. 20 at the recreation centre. (Photo by Brian Smiley)

Upshaw said he believes his strengths as a coach are knowing the game technically and defensively and he attributes this to the fact he has been a part of all facets of the game.

He said he also believes that he's a people person and gets along well with many different types of people.

"A lot of coaches have problems because technically they can be great, but they can't relate to the players," he said.

Shiv Raj, a first-year general arts and science student who plays for the Condors, agrees with Upshaw's assessment.

Raj said Upshaw knows the

As for this season, Upshaw said he was most pleased with the support he's received from the staff at the recreation centre and with the guys on the team who have stuck it out, even though the team isn't in the Ontario Colleges Athletics Association and hasn't played a full schedule.

"If everything works out and we're in the league next year, all those guys will definitely have a spot on the team," Upshaw said.

Those players will probably want to be around next year. One can only imagine Upshaw's road to the ultimate glory of CIAU national champs runs through the OCAA.

## Cheap shots, not fighting need to be removed

Mark down the date Jan. 24, 1999, because it was the last National Hockey League All-Star game of the 20th



Rob Himburg

century. The annual game, however, not only brought the best players of the world together, it brought the owners and the media together as well.

A debate prior to the skills contest between media and owners about the state of the game, in particular the injuries being acquired by the players, discussed the possibility of banning fighting from the game.

One of the suggestions was a one-game suspension for those players assessed a fighting major. Another was the reduction of a team's roster to 23 players from 24 to eliminate a spot for a player whose main objective is a policeman.

As I sat and watched the debate, the argument always ended up back at a common ground: the elimination of the cheap shot, or hitting from behind.

Members of the media argued that the lack of enforcers in the NHL would ultimately lead to

more "stick work" and "cheap shots" which would result in more injuries to star players.

I have to disagree on that point. Enforcers are the reason that there are so few injuries in the league. Players worry about pay back. To cite an example, on Jan. 18, Dino Ciccarelli of the Florida Panthers was suspended for two games for slashing Buffalo Sabre Jason Woolley across the wrist.

On top of the two-game suspension, you can be sure the Sabres, a team loaded with pugilists such as Rob Ray and Matthew Barnaby, will be seeking revenge for their teammate the next time these two teams hook up.

If fighting is ever removed from the game, and therefore, the policemen, the instances of these cheap shots are likely to increase. Some of these players need a smack in the head to straighten them out.

In the end, it's all about pay back. It may be wrecking the game, but it would be in worse shape if these incidents were permitted to continue.

Said Doug Bodger, a Los Angeles Kings defenceman who suffered a concussion after Dallas Drake of the Phoenix Coyotes hit him from behind into the boards, "We'll see them again."

## Some men can jump



Tim Streit of the Condors Basketball team drives to the hoop at the recreation centre as Shiv Raj and an unidentified player look on at a practice Jan. 20. Photo by Brian Smiley





Aaron Adams of the \$6.50 Pitchers stops Shaun Gingrich during a pre-game session for the intramural ball hockey league. The Pitchers won by default after the opposition failed to show.

(Photo by Rob Himburg)

## Intramural team fills net and drains beer pitchers

By Rob Himburg

Conestoga College offers a variety of intramural sports to its students. One of those sports happens to be ball hockey.

There is one team however, made up of a group of seven second-year management studies students, who have gone beyond just playing the game. They have gone out in search of, and found, corporate sponsorship.

Classes are out on a Tuesday afternoon and the McGinnis Front Row \$6.50 Pitchers head to the recreation centre on the Doon campus for a 4:50 p.m. game.

The door to locker room three is unlocked and five players walk in, one carrying a huge bag of goalie equipment, highlighted by a mask that features the team name and a label of the team's beer.

Another player brings in a portable stereo and the locker room is soon filled with the beats of various hard rock, alternative and hip-hop music in an attempt to induce their bodies into producing adrenaline for the forthcoming game. Today's selections include *Bad to the Bone* and *Fight for Your Right*.

As they change into their black T-shirts with gold lettering, forward Chris Roberts comments how other teams hate them.

"All of the other teams hate us," says Roberts. "We think they're jealous of our sponsorship."

Perhaps it's not only their team shirts that annoy individuals in the intramural league. The team is in first place, owning a record of seven wins, one loss and one tie.

The team, which is sponsored by McGinnis Front Row, a Waterloo-based restaurant, frequents the establishment every Thursday night where they get a pitcher of beer for \$6.50 instead of the normal price of \$7.50.

Aaron Adams, the team's goaltender, said McGinnis gave them a great deal.

"We keep our receipts," says Adams. "We hand them in and the management of the restaurant said

they'd give us something like 15 per cent of what we spent there over the course of the season for a year-end party."

The rules which teams in this league play by are a little different from those of a normal hockey league. Goalies wear full equipment, the play is four-on-four instead of five-on-five and there are two 20-minute periods instead of three.

The point system is unusual too, as a team is awarded three points for a win, two for a tie and one for a loss.

Some members of the team, however, are disappointed they have to wear helmets when they play and the league has taken out body contact.

"It sucks," says Roberts. "They took it out because they thought it was too rough. We've only had one fight."

Game time approaches and the Pitchers are out on the hardwood floor of the gym, peppering Adams with shots, sharpening his reflexes for the upcoming game.

Onto the court walk the referees. It's 4:50 p.m. and the game is to get underway, only there's one problem. There is no team to play against.

Disappointed, the Pitchers agree to play a scrimmage game against the two referees and two passers-by. Adams says he feels their team has built a reputation.

"You can tell there's an intimidation factor when others play the \$6.50 Pitchers," he says. "The other team didn't even show up."

Other members of the team, aside from Roberts and Adams, are Chris Kuiack, Shaun Gingrich, John "Grizzly" Grewald, Joe Shaw and Cory Daum.

These students enjoy the intramural games and since they are only in their second year at the college, they have one year left and are already planning for next season.

"We just think the intramural league is great," says Adams. "We're still gonna be around next year."

## Condors raising funds for next varsity season

By Brian Smiley

Conestoga's varsity basketball team hasn't completed their season yet, but they're already thinking well into next season.

Coach Terry Upshaw said in an interview on Jan. 20 that the team is looking forward to being a part of the Ontario Colleges Athletics Association (OCAA) next year and his mind is on the funds necessary to make that a reality.

"If we can raise \$5,000 we'll be in the ballpark," he said. "That's a pretty good commitment from college students."

Upshaw said the team has been set up as a non-profit organization and is raising funds through various methods including the sale of Nevada tickets, bingos and a

tournament scheduled for the beginning of March.

Upshaw is optimistic that the tournament will be a big money maker.

"Hopefully we can raise about \$2,000 from it, through fees and other things," he said.

The response from the members of the team has been really great, Upshaw said.

"The guys are totally into it," he said. "They're very positive because they all want to have a basketball team."

In addition to these fund-raisers, Upshaw also plans a raffle for a trip to Florida for the Spring Break.

"I think this could be a big one because everyone wants to go to Florida for the break," he said.

Upshaw stressed that for these fund-raisers to be successful, they must be held every year. He said the team will have about \$1,400 after they have obtained all the tournament entry fees.

Upshaw, who as basketball coach spends about 20 hours per week volunteering his time, would like to increase that to about 40 hours per week if the team makes it into the OCAA next year.

That's on top of the 40 hours he spends at his job as general manager of Boo Radley's. This type of commitment would help make the team self-sufficient, which is his number one goal.

"We would like to make it a self-sufficient program so that we don't have to rely on anybody else," he said.

# Last Call

## 3 on 3 Hockey Tournament

### Tues. Feb. 2

### 11:30 am

Sign up at the DSA Office



Molson Prizes

No cover

# Jack Astors

# Beach Party

# Wed. Feb. 3



*Second-half collapse kills Condors***Southwest Under 18s hammer Condors 7-2**

By Charles Kuepfer

"I don't yell very often, but I laid into them pretty good because they had it coming," said assistant coach Duane Shadd, summing up the kind of night it was for the men's indoor soccer team, who were hammered 7-2 by the Southwest Under 18s.

"I'll remember it on Monday," said Shadd, looking ahead to the team's next practice.

The Jan. 21 game was a night to

forget for the Condors as they were beaten by a younger, faster and hungrier club.

"I told the guys at halftime that these guys look up to you," said Shadd. "They want to beat your butts, and they're going to outrun you to do it and use their smarts too."

Shadd's words were prophetic as Southwest came out flying in the second half, turning a 2-2 tie into a blow-out.

But assistant coach Sanjeeve

Dhanapala said Southwest isn't a faster team.

"They just out-hustled us," he said.

The Condors haven't been hustling out to practice either, something that concerns Shadd.

"We got college guys who seem to think they know everything there is to know about soccer," said Shadd. "Obviously they got beat by some high school kids, so what do you think the message is?"

He said that players should start coming to practice and start listening to what the coach is saying.

The game started well for the Condors with Paul MacQuade opening the scoring in the first half. But two quick goals by Southwest proved to be a sign of things to come.

The Condors pulled even before the half after Zlalko Lakoseljic blasted a hard shot past the Southwest goalie.

Southwest scored early in the second half and never looked back.

Giveaways hurt the Condors, who left goalkeeper Bill Johnson at the mercy of unchecked Southwest forwards in front of the net.

Condors defender Marko Juricic said there was no co-operation among the team members.

"There was a lack of team work," said Juricic. "We just got on each other's cases."

He also noted that the team lacked unity.

"If we don't have respect for each player, we aren't going to win games no matter how much skill you got," said Juricic.

Juricic said he was disappointed with the loss.

"Yeah, and the fact that I scored on my own goal."

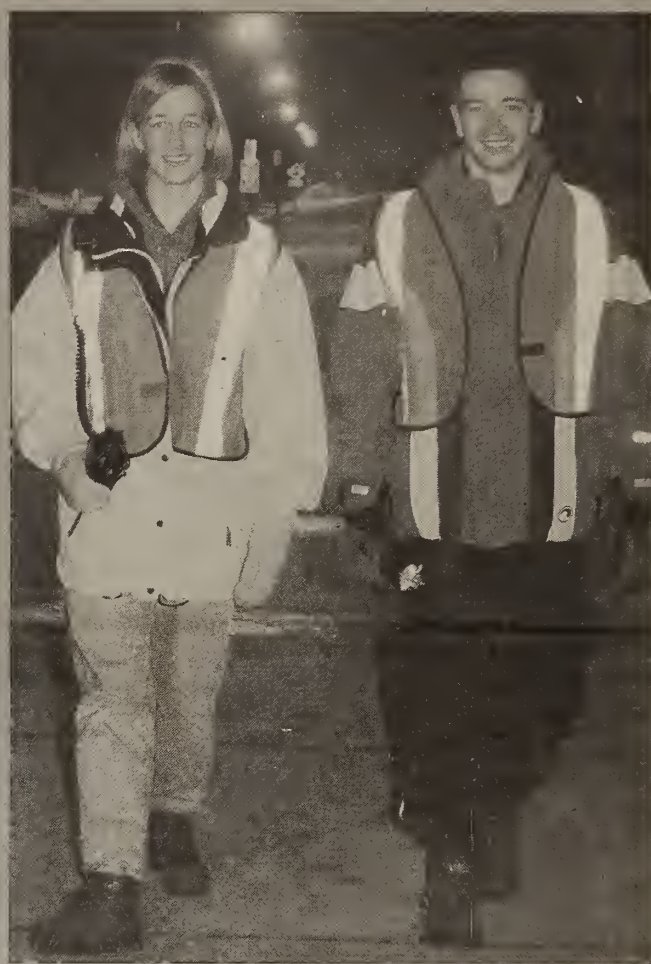
The loss drops the Condors, who

were playing without head coach Geoff Johnstone, to a record of 3-6-0 (won-lost-tied). They remain in sixth place in the league's first division. Southwest improved its record to 6-1-2 and now boasts an offence which has scored 19 goals more than the Condors in as many games.



Great ball control by the younger Southwest Under 18s team helped them cruise to a 7-2 victory over the Condors.

(Photo by Charles Kuepfer)

**ON PATROL**

Walksafe patrols the campus Monday to Thursday 6:45 p.m. to 10:45 p.m. Pictured are Michelle Hogeveen and Trevor Trewartha.

Photo by Sarah Thomson

# TAKE THE POLAR PLUNGE Wednesday, February 3

Due to the low water level of the pond, the event will take a different twist this year. If you are daring to plunge... details are available at the DSA Office. Funds raised will be directed to the Heart and Stroke Foundation.

**WATCH YOUR STUFF!**

There has been a noted increase in thefts from vehicles, especially in parking lot 10 and 12 on campus. Main target of thieves is stereo equipment, sporting goods. Thieves are breaking windows or prying doors to gain access. Please lock valuables in your trunk when possible and report any suspicious persons or vehicles to security at extension 357.

Allan Hunter,  
supervisor of security services



Team travels 1,300 km, wins two

# Life on the road good to Condors

By Charles Kuepfer

Mission accomplished.

The Condors men's hockey team embarked on a three-game road trip, Jan. 21, with the objective of winning two of those games.

They not only met their objective, but disposed of the nation's top-ranked college hockey team, the Cambrian Golden Shield, in the process.

Conestoga beat Cambrian 6-5 in overtime Jan. 23, in the thrilling conclusion to their road trip, a trip in which they logged over 1,300 kilometres.

The Condors tangled with the Humber Hawks in Toronto on Jan. 21. The penalty-filled game was decided in overtime, on a power-play goal, with the Condors on the wrong end of a 3-2 score.



Condor goalie, Anthony Gignac, centre, was solid during the last home game with the Auks. Gignac continued his solid play during the team's three-game Northern road trip.

(Photo by Charles Kuepfer)

Conestoga was led by team captain Jason Snyder, who had a goal and an assist. Ramsey

Hanlon scored the other goal for Conestoga.

The Condors left Toronto at 10

p.m. after the game and arrived in Sault Ste. Marie at 5 a.m. the next day.

At 1:30 p.m. they hit ice against the Sault Auks and trailed the Auks by two after the first period.

The Condors soon made up for their slow start racking up seven goals and cruising to a 7-3 victory.

Mike Traynor led the scoring frenzy with two goals and two assists, while Snyder, Ian MacDonald and Ryan Martin each had a goal and an assist.

The Condors continued their winning ways the following night in Sudbury, despite being outshot by Cambrian 50-37.

Traynor had a huge night for Conestoga scoring a hat trick which included the game-winning goal in overtime. McDonald collected four assists while Scott Taylor had a goal and an assist.

Condor coach Ken Galerno said he was happy with the results because they got the four points they wanted to take.

"We figured Humber and the Sault were our best chance,"

said Galerno.

The new players, added at the start of the semester, are integrating into the team well, he said.

"The coaches are really happy with the way the team is coming together," said Galerno.

He was especially impressed with the way his team played against the Sault. He said the team has more depth than it did at the start of the year, when they only had two solid lines.

Galerno said he is happy with McDonald, who recently became the Condors first-line centre. "There is a lot of character in the team," said Galerno.

McDonald said during the road trip the team was having a good time together, but he lamented not winning all three games.

"I'm kind of disappointed," said McDonald. "It could have been six points."

The Condors improved their record to 6-7-0 (won-lost-tied) and are now tied for third place with Sir Sanford Fleming. They are trying to nail down a playoff spot in the Ontario Colleges Athletic Association's men's hockey championship, which Conestoga hosts, on the weekend of March 5-6. Only four of the seven teams in Ontario make it to the finals.

Conestoga is also gearing up for the national championships, which they will also host.

The Canadian Colleges Athletic Association's national men's hockey championship will run from March 17-20.

As host, the Condors automatically qualify for the nationals. One other Ontario team and one team from Alberta Colleges Athletic Association will also participate in the three-team round robin.

**Buffalo Sabres Bus Trip**  
Vs Detroit

**Sunday, Feb. 21**

**Ticket \$65**

Sign up at the DSA Office



## Winter Tubing



**\$10**

Admission  
includes  
transportation

**Tuesday, February 2**

**River Valley Tubing, St. Mary's**

**departing Doon Campus 4:30 pm**

**sign up at the DSA Office**



### THE ONTARIO COLLEGES OF APPLIED ARTS AND TECHNOLOGY MEMORIAL BURSARY PROGRAM FOR WOMEN IN TECHNOLOGY

#### Purpose

To commemorate the women who died in the December 6th 1989 Montreal massacre at l'Ecole polytechnique, the Ontario Colleges of Applied Arts and Technology, in collaboration with Inco have instituted a memorial bursary program for women in technology.

#### Sponsorship

This bursary program is financed by the interest generated from the trust fund contributed by:  
- Inco Limited, and  
- the 23 Colleges of Applied Arts and Technology of Ontario.

#### Value of the Bursary

Four bursaries each in the amount of \$500 will be awarded. One recipient will be chosen from each region of the province and more specifically from the Eastern region (Algonquin, Sir Sandford Fleming, Durham, Loyalist, St. Lawrence, La Cité collégiale); Northern region (Confederation, Northern, Canadore, Cambrian, Georgian, Sault); Central region (George Brown, Humber, Seneca, Sheridan, Centennial); Western region (Conestoga, Niagara, Lambton, St. Clair, Fanshawe, Mohawk).

#### Eligibility Requirements

To be eligible to receive this bursary, the applicant must:  
- be a Canadian citizen or permanent resident;  
- be a resident of Ontario;  
- be planning to pursue their studies at a college of applied arts and technology; and  
- be enrolled in a full-time technical/technological program of study.

#### Selection Criteria

Each application will be assessed based on the following criteria: financial need, a promising career in technology as demonstrated by interests, academic record, and a letter of support from a faculty member or employer, as well as a letter of recommendation from the Financial Aid Administrator of the college the applicant is attending.

#### Submission of Application

Applicants must submit the completed application form to the Financial Aid Office of the college they attend.

#### Deadline

Applications must be received at the Financial Aid Office at the latest by January 31st.

#### Evaluation of Applications

The Financial Aid Administrators of each region will meet to consider the candidates and make a nomination to the Council of Presidents which will make the final selection.

#### Further Information

For further information on The Ontario Colleges of Applied Arts and Technology Memorial Bursary Program for Women in Technology, contact the Financial Aid Office at the college you are attending.





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